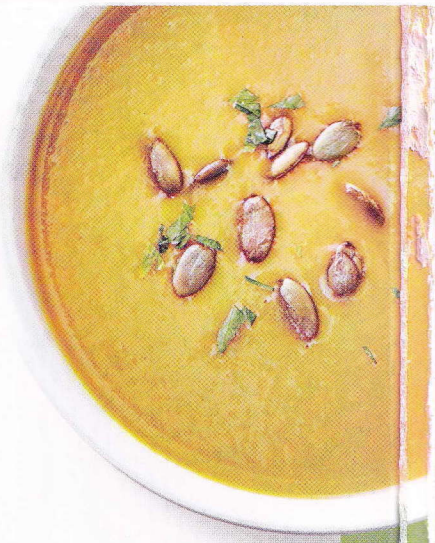
Wegmans
menu
WINTER 2018 $4.00
Easy, Delicious
Seasonal
Menu
tacos
and more authentic
Mexican favorites
WEGMANS menu MAGAZINE WINTER 2018
OVER 20 DELICIOUS MEALS • MEXICAN FAVORITES • FEEL YOUR BEST
ISSUE 68

Helping You Feel Your Best!



Hi folks,

All of us at Wegmans are focused on our mission to help people **live healthier, better lives through food**, so everyone can feel their best.

In this issue of *Menu*, you'll find our latest lineup of **convenient meal and snack ideas,** with nutrition information and healthy tips.

And—to make it easier for you to plan meals for the week—we created a winter "menu" just like you might find at a restaurant. It showcases **suggested meals for the season**, and includes inspiration for starters, soups, desserts, and more. You'll find these meals in the magazine, online, and merchandised together in our stores.

Whether you feel like cooking or "taking out," we have many options, and we're **here to help** with great ideas for dinner every night.

We're especially excited about our new **Mexican selections**—created with our friend and partner **Chef Roberto Santibañez**. We hope you'll love these **authentic, delicious, simple** family meals, featuring Mexican flavors and ingredients like our Ready-to-Cook Fajita Meats (they're perfect for tacos, too)!

We're also sharing the latest on one of today's most talked-about nutrition topics: inflammation. We share tips on which foods and ingredients help prevent inflammation in the body, as we cover topics including **balance and variety, portion control, and more.**

We hope you enjoy all the great things our people have put together for you this season. Here's to a great 2018. We're committed to helping you feel your best all year long!

Be well,

The Wegmans Family

authentic, delicious, simple

WINTER SEASONAL MENU

starters

Assorted Charcuterie & Cheese with Crostini

Assorted Sushi

soups

Carrot Ginger Soup

Cauli-Clam Chowder

Zucchini Basil Jalapeño Soup

Mexican

Fajitas
Pork, Chicken, Beef or Shrimp

Tacos
Pork, Chicken or Beef

Enchiladas
Chicken, Vegetable or Breakfast

Pork Pozole

poultry, beef & pork

Salt & Pepper Chicken Thighs
with Light Caesar Salad & Seasoned Green Beans

Black Garlic Chicken
with Cauliflower Purée & Roasted Brussels Sprouts

Chicken Cutlet
with Zucchini Basil Purée & Roasted Eggplant with Pesto

Chicken Cacciatore
with Cauliflower Rice

Roasted Turkey Breast with Gravy
with Carrot Purée & Sautéed Mushroom Blend

Turkey & Bean Chili
with Sprouted Grain Roll

Beef Tenderloin
with Cauliflower Purée & Oven-Roasted Mushrooms with Black Truffle Oil

Asian BBQ Beef Short Ribs
with Asian Chopped Salad & Cauliflower Purée

Sunday Sauce
over Paccheri Rigati with Light Caesar Salad

Brown Sugar BBQ Pork
with Carrot Purée & Seasoned Green Beans

Beef Minestrone
with Wheat Roll & Italian Blend Salad

seafood

Mediterranean Cod
with Zucchini Noodles

Scallops with Carrot Purée
with Roasted Asparagus

Salmon Teriyaki
with Mushrooms

Farm-Raised Salmon
with Carrot Purée & Roasted Peewee Potatoes with Peppers

veggies

Portabella Mushroom Parmesan with Zucchini Noodles
with Organic Ciabatta Roll

Portabella Mushroom Cutlets with Mediterranean Veggies
with Light Caesar Salad & Wheat Roll

Pulled Portabella Open-Faced Sandwich
with Sweet Potato Sticks & Garlicky Greens

Portabella Mushroom Pizza
with Rosemary Olive Oil Sourdough Roll

sides

Farro with Veggie Purée

Roasted Veggie Sticks

Veggie Purées

Oven-Roasted Mushrooms with Black Truffle Oil

Roasted Peewee Potatoes with Peppers

Roasted Eggplant with Pesto

It's about me
saving money

Get Your **Menu Coupons Today!**

Here's how:

Sign in to your account on wegmans.com or in the Wegmans App.

Go to "Coupons," then browse and **clip** coupons to your Shoppers Club account.

Redeem at checkout with your card, key tag, mobile app or phone number.

Learn more at wegmans.com/digitalcoupons

my Wegmans online

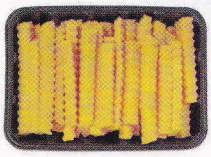
Get $20.00 in digital coupons

to help you make great meals easy!

$2.00 off each of these great items

Food You Feel Good About Veggie Purée, 8 or 20 oz, any variety
(Market Café)

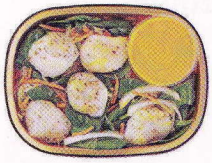
on any four Wegmans Organic Fruit Delight Greek Yogurts, any variety
(Dairy Dept)



Fresh Cut Veggies
(Produce Dept)

new!
Food You Feel Good About Adobo, any variety
(Grocery Dept)

Ready-to-Cook Meat Entrées
(Meat Dept)



Ready-to-Cook Seafood
(Seafood Dept)

Ready-to-Eat Veggie Bowls
(Market Café)

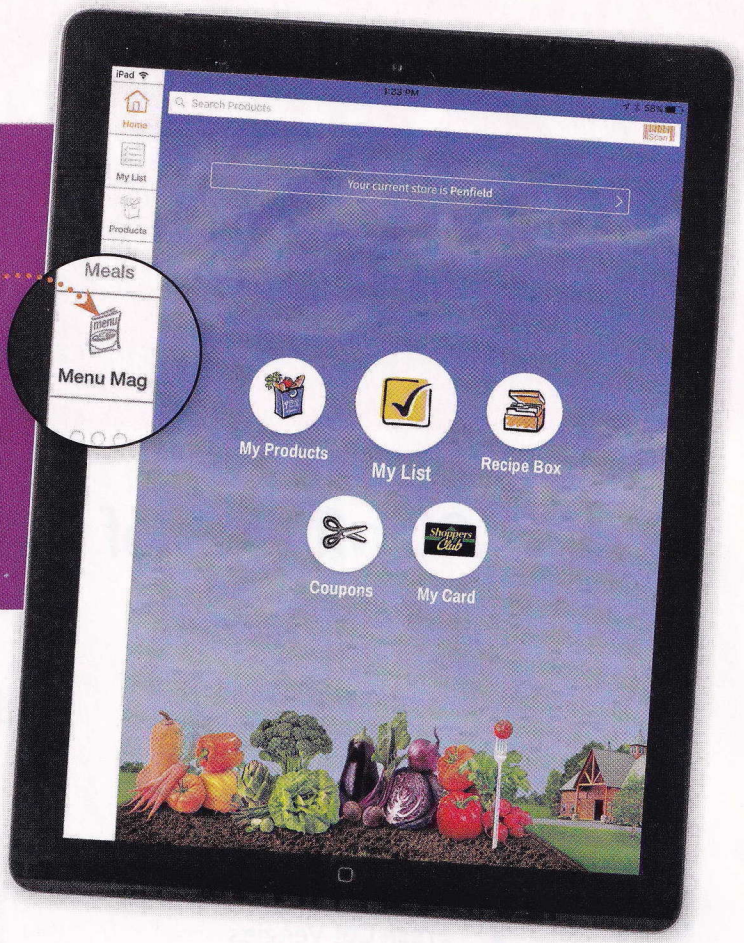
new!
on two pkgs Wegmans Organic Stoneground Yellow Corn Tortillas
(Dairy Dept)

new!
Got Your Goat Brie
(Cheese Shop)

Wegmans Organic Sandwich Bread
(Bakery Dept)

Enjoy Winter Menu on your tablet

with the Wegmans App



With our interactive *Menu Magazine* making great meals has never been so easy! You can **view, review and save favorite recipes**. You can even **add all the recipe ingredients you may need to your shopping list!**

my Wegmans online

Learn more at
wegmans.com/mywegmansonline

Download the Wegmans App today!

Download on the App Store

ANDROID APP ON Google play

making great meals has never been so easy!

WINTER 2018

contents

Authentic Mexican Meals
Award-winning chef Roberto Santibañez shares his secrets to authentic Mexican flavors for easy, amazing meals. **11**

Entrées
Seasonal meat, seafood, and veggie meal inspiration. **29**

Veggies, Soups, & Sides
Fun ways to enjoy veggie purées and NEW veggie sticks. **59**

Sustainable Seafood
We source some of the world's best shrimp, salmon, and scallops for our EZ meals, sushi, and new recipes. **73**

Simple, Wholesome Foods
Feel your best with nutrition-dense choices for smoothies, breakfasts, & snacks. **85**

Cheers
Seasonal brews, wines, and spirits. **98**

New & Delicious
Great NEW choices from our Cheese Shop and Bakery:
Got Your Goat Brie, Organic Honeycrisp Apple Breakfast Bread, and Wegmans Chocolates. **104**

Wegmans Menu Magazine is published by Wegmans Food Markets, Inc., 1500 Brooks Ave, P.O. Box 30844, Rochester, New York 14603-0844, Tel: 585-328-2550, Fax: 585-273-6218, email via www.wegmans.com.

The contents of this magazine are fully protected by copyright and may not be reproduced without permission from Wegmans. "Wegmans" is a registered trademark of Wegmans Food Markets, Inc. and other trademarks and service marks of Wegmans may also appear in the magazine. The views expressed in this magazine by independent writers or persons interviewed are not necessarily those of Wegmans. Wegmans assumes no responsibility for the storage or return of unsolicited photographs or manuscripts.

WE'RE HONORED

CERTIFIED ORGANIC | TRIPLE DISTILLED | SMALL BATCH

CASA NOBLE CRYSTAL TEQUILA

100% Blue Weber Agave

Triple Distilled

BEST BLANCO TEQUILA
World Tequila Awards, 2016

CASA NOBLE REPOSADO TEQUILA

Aged for 364 days in French white oak barrels (other Reposados are aged for four–six months)

BEST REPOSADO
World Tequila Awards, 2017

CASA NOBLE AÑEJO TEQUILA

Aged for two years in French white oak barrels (other Añejos are aged for less than two years)

GOLD MEDAL
World Spirits Award, 2016

CASA NOBLE SINGLE BARREL REPOSADO

Aged in French white oak barrels for 364 days, the desired length and one day, before becoming an Añejo. The result is a Reposado of distinct character, a true masterpiece.

AVAILABLE AT THESE STORES—NY: Century Liquor & Wines, Liquor City, Johnson City Liquor & Wine. **MD:** Hunt Valley Wine, Liquor & Beer. **MA:** Wegmans Northborough, Wegmans Burlington, Wegmans Chestnut Hill, Wegmans Medford. **NJ:** Wegmans Bridgewater, Wegmans Cherry Hill, Wegmans Manalapan, Wegmans Mt. Laurel, Wegmans Ocean, Wegmans Princeton, Wegmans Woodbridge, Wegmans Hanover, Wegmans Montvale. Some stores are individually owned and operated, and are not part of a chain or cooperative buying group. Prices and product availability may vary among stores.

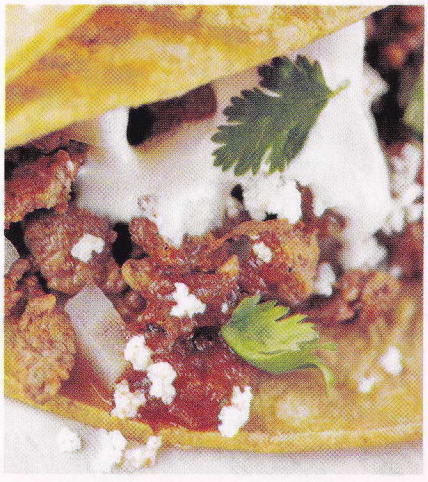
USDA ORGANIC

Certified CCOF Organic

LEARN MORE AT CASANOBLE.COM

Be Noble. Drink Responsibly. © 2017 Casa Noble Imports, Canandaigua, NY. Tequila. 40% alc./vol. | Product of Mexico | Produced and bottled by La Cofradia S.A. de C.V., Calle La Cofradia 1297, Col La Cofradia, Tequila, Jalisco, Mexico C.P. 46400 | Certified organic by CCOF Certification Services, LLC.

Coverage area varies by zip code.
Visit **instacart.wegmans.com** to see if you live in a covered area.



Mexican

Our friend, Chef Roberto Santibañez, helped us develop delicious Mexican dishes and sauces using chile peppers, spices, and other authentic ingredients.

Fajitas
Seasoned meat with sautéed peppers & onions

Tacos
Savory meats and toppings in corn tortillas

Enchiladas
Choose from Chicken, Vegetable or Breakfast

Pork Pozole
A simmered pork, chiles, & hominy soup with an assortment of garnishes

Bring on the flavor with chile peppers

To learn the secrets to authentic Mexican tastes, we partnered with our friend **Chef Roberto Santibañez**, chef/owner of NYC's popular Fonda restaurants and author of award-winning cookbook *Truly Mexican*. A native of Mexico City and Cordon Bleu honors graduate, Roberto is a renowned global ambassador for Mexican cooking.

Chef Roberto Santibañez says chile peppers are the signature flavor of Mexican cuisine. Because peppers make Mexican food so deeply flavorful, there's no need for added sugars. Here's a guide to his favorites and how we've used them in some Mexican-inspired Wegmans brand products.

Sauce Peppers

"We call the smaller, hotter peppers **'sauce peppers'** because they're used to create powerful hot sauces," says Chef Roberto. "You only need a dollop to ignite your taco and impart zest to other dishes."

Types: Jalapeño, Serrano, Habañero

jalapeño

Flavor: Sharp, pleasantly grassy

Heat: Moderately spicy to spicy

Use: Raw, roasted, boiled, stuffed

Product: New *Food You Feel Good About* Ancho Chipotle Pepper Adobo (chipotle peppers are dried jalapeños)

habañero

Flavor: Aromatic, tropical, almost fruity

Heat: Extremely spicy

Use: Raw or roasted

Cooking Peppers

Larger peppers, known as cooking peppers, have a milder impact. "Because seeds are where most of the heat is," says Chef Roberto, "don't discard them. Use them to add body and flavor to a dish, not make it explode."

Types: Poblanos, Guajillo

guajillo

Flavor: Earthy, woodsy

Heat: Mild

Use: Dried, toasted

Product: New *Food You Feel Good About* Guajillo Pepper Adobo

poblano

Flavor: Subtly sweet with a slight grassy, bitter edge

Heat: Very mild

Use: Roasted, stuffed

Product: New *Food You Feel Good About* Green and Red Chile Sauces

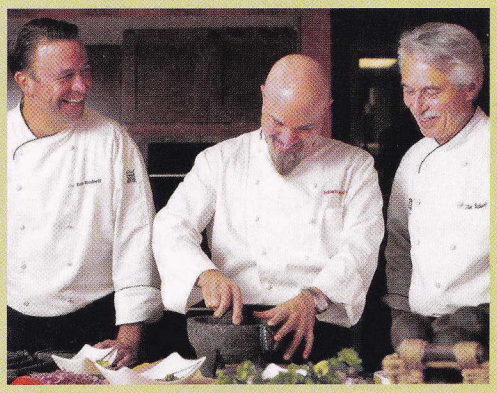
serrano

Flavor: Like jalapeños but more intense

Heat: Spicy to very spicy

Use: Raw, roasted or boiled

Product: New *Food You Feel Good About* Avocado Sauce



TASTE OF Mexico

Inspired by authentic recipes and developed by **Chef Roberto Santibañez** and our team, our **new and unique** Sauces and Adobos offer the flavors, textures, colors, and heat levels of traditional Mexican sauces. You won't find these anywhere else!

new!

Food You Feel Good About
Avocado Sauce

Smooth-textured condiment made from fresh avocado, tomatillos, onion, jalapeño and serrano peppers with select herbs and spices.

Scan these pages with your Wegmans App to learn more about Mexican cooking and ingredients.

new!

***Food You Feel Good About* Peppers**

Stock your own Mexican cooking pantry with flavorful **Chipotle Peppers in Adobo Sauce** and **Jalapeño Pepper Rings** for fast Mexican meals with authentic flavor. Four more great Mexican peppers available.

new!

***Food You Feel Good About* Chile Sauces**

Great in enchiladas.

Red Chile Sauce

This mild sauce gets fruity notes from chipotle peppers; dried guajillo peppers add some piquant acidic flavors.

Green Chile Sauce

Poblano peppers give this sauce a mild heat; tomatillos, garlic, and onion add sweetness and savor.

new!

***Food You Feel Good About* Adobos**

Enjoy these adobos in fajitas and tacos.

Pasilla Adobo

Bold roasted chile flavor; best with pork. **Hot heat**.

Guajillo Adobo

Light roasted chile flavor with a touch of tomato; best with beef. **Medium heat.**

Ancho Chipotle Adobo

Ancho chiles are dried, ripe poblano peppers with a great smoky flavor. Roasted onion adds sweetness; best with chicken. **Medium heat.**

Get our Development Kitchen backstory on these delicious Adobos on page 26.

new!

Wegmans Organic Stoneground Yellow Corn Tortillas

Made with stoneground yellow corn. 6" size, 12-pack.

Ready-to-Cook
Food You Feel Good About
Pork Sirloin
for Fajitas

fajitas

Pork Fajitas

Serves 6: Each serving 2 fajitas (about 8 oz)
Time: Total: 25 min
Calories: 470 per serving

- **2 Tbsp Wegmans Pure Olive Oil**
- **1 pkg (1 lb) Wegmans Fajita Peppers & Onions (Fresh Cut Veggies)**
- **1 pkg (1 lb) *Food You Feel Good About* Pork Sirloin for Fajitas (or Chicken Thighs for Fajitas or Beef Sirloin for Fajitas)**
- **12 Wegmans Fajita Tortillas**

Heat oil in stir-fry pan on HIGH until oil faintly smokes; add peppers and onions. Cook, stirring occasionally, 4 min. Add meat; cook, stirring occasionally, 5-6 min.

Heat separate pan on MED-HIGH. Place 1 tortilla in dry pan; cook briefly on each side until warm and pliable. Transfer to plate; cover. Repeat with remaining tortillas, stacking them to retain heat. Divide fajita mixture evenly among tortillas; garnish with your choice of toppings.

Looking for a seafood option?
Look for Ready-to-Cook Shrimp Fajitas with Peppers & Onions in your store or find our Shrimp Fajita recipe on wegmans.com/Mexican

Customize Your Fajita Choose from:

Cotija cheese, shredded (Cheese Shop)

Wegmans Salsa Verde (Market Café)

Wegmans Cherry Tomato Salsa (Market Café)

Fresh cilantro, chopped

Limes, cut in wedges

tacos

Beef Tacos

Serves 4: Each serving 2 tacos (about 5 oz)
Time: Total: 15 min
Calories: 300 per serving

- **1 Tbsp *Food You Feel Good About* Vegetable Oil**
- **1 pkg (1 lb) *Food You Feel Good About* Beef Sirloin for Fajitas (or Chicken Thighs for Fajitas or Pork Sirloin for Fajitas), ¼-inch dice**
- **8 Wegmans Organic Stoneground Yellow Corn Tortillas**

Heat oil in stir-fry pan on HIGH until oil faintly smokes; add meat. Cook, stirring occasionally, 4-6 min.

Heat separate pan on MED-HIGH. Place 1 tortilla in dry pan; cook briefly on each side until warm and pliable. Transfer to plate; cover. Repeat with remaining tortillas, stacking to retain heat. Divide meat evenly among tortillas; garnish with your choice of toppings.

Chef Tip: For a vegetarian option, use Wegmans Shredded Portabellas (Fresh Cut Veggies).

Ready-to-Cook *Food You Feel Good About* Beef Sirloin for Fajitas

Finish your Beef Tacos with:

Wegmans Cherry Tomato Salsa (Market Café)

White onion, peeled, chopped

Queso Fresco (Cheese Shop), crumbled

Limes, cut in wedges

Lime Crema (recipe on wegmans.com or Wegmans App)

Fresh cilantro, chopped

Finish your Chicken Tacos with:

Wegmans Salsa Verde (Market Café)

White onion, peeled, chopped

Avocado, peeled, pitted, sliced

Fresh cilantro, chopped

Finish your Pork Tacos with:

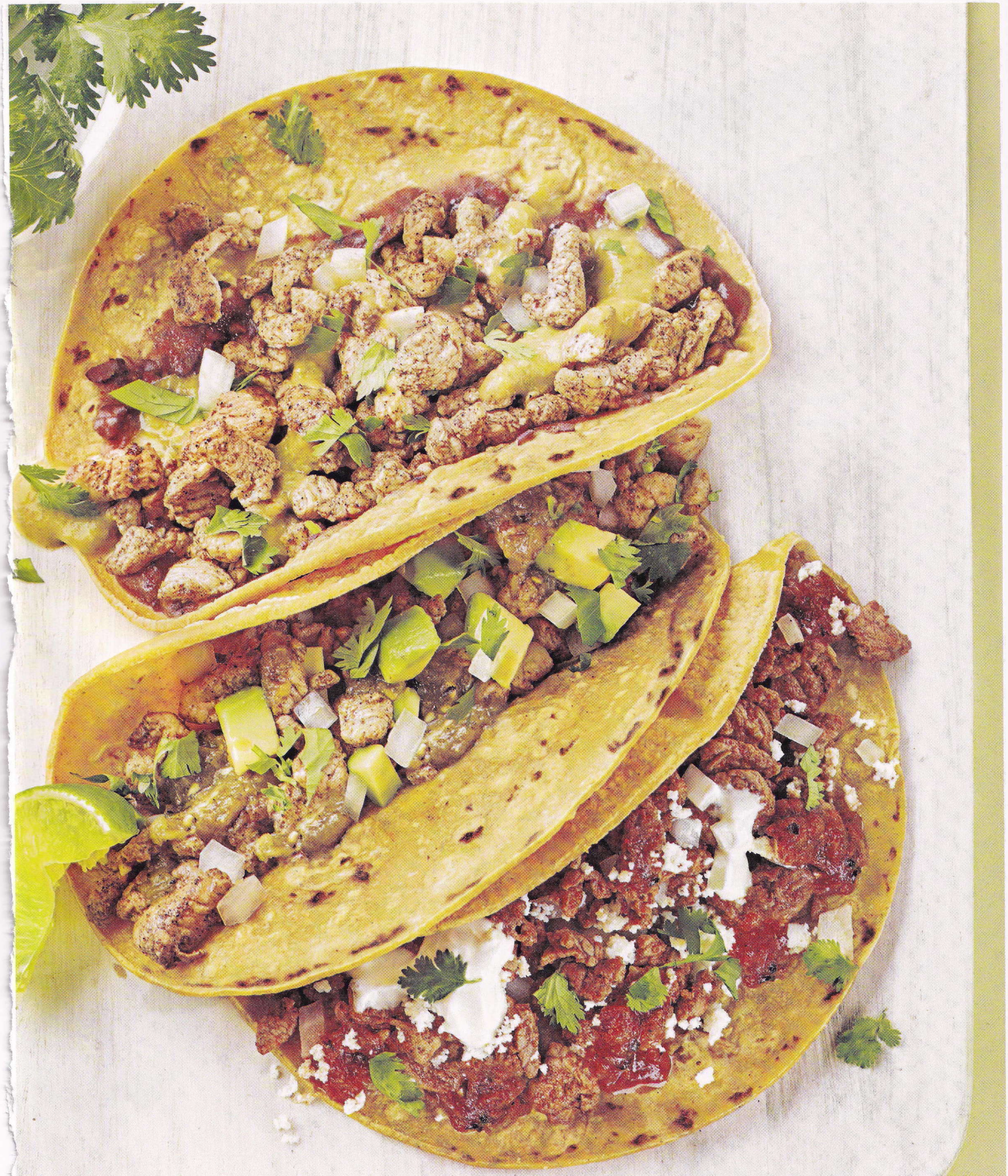
Wegmans Organic Black Bean Dip

Food You Feel Good About Avocado Sauce

White onion, peeled, chopped

Fresh cilantro, chopped

To make your own marinated taco meat using one of our NEW Adobos, visit **wegmans.com/Mexican.**



enchiladas

Chicken Enchiladas

Serves 4: Each serving 2 enchiladas (about 8 oz)
Time: Total: 45 min **Active:** 25 min
Calories: 470 per serving

- **1 Tbsp + 4 tsp *Food You Feel Good About* Vegetable Oil, divided**
- **½ cup peeled, chopped white onion**
- **Meat from ½ *Food You Feel Good About* Plain Rotisserie Chicken (about 2 cups), shredded**
- **Salt and pepper to taste**
- **8 Wegmans Organic Stoneground Yellow Corn Tortillas**
- **1 jar (16 oz) *Food You Feel Good About* Green Chile Sauce**
- **Radishes, trimmed, thinly sliced, for garnish**
- **Pickled Red Onions (recipe on wegmans.com or Wegmans App), for garnish**
- **Lime Crema (recipe on wegmans.com or Wegmans App), for garnish**
- **½ cup crumbled queso fresco (Cheese Shop), for garnish**
- **Green onion, trimmed, thinly sliced, for garnish**
- **Fresh cilantro, chopped, for garnish**

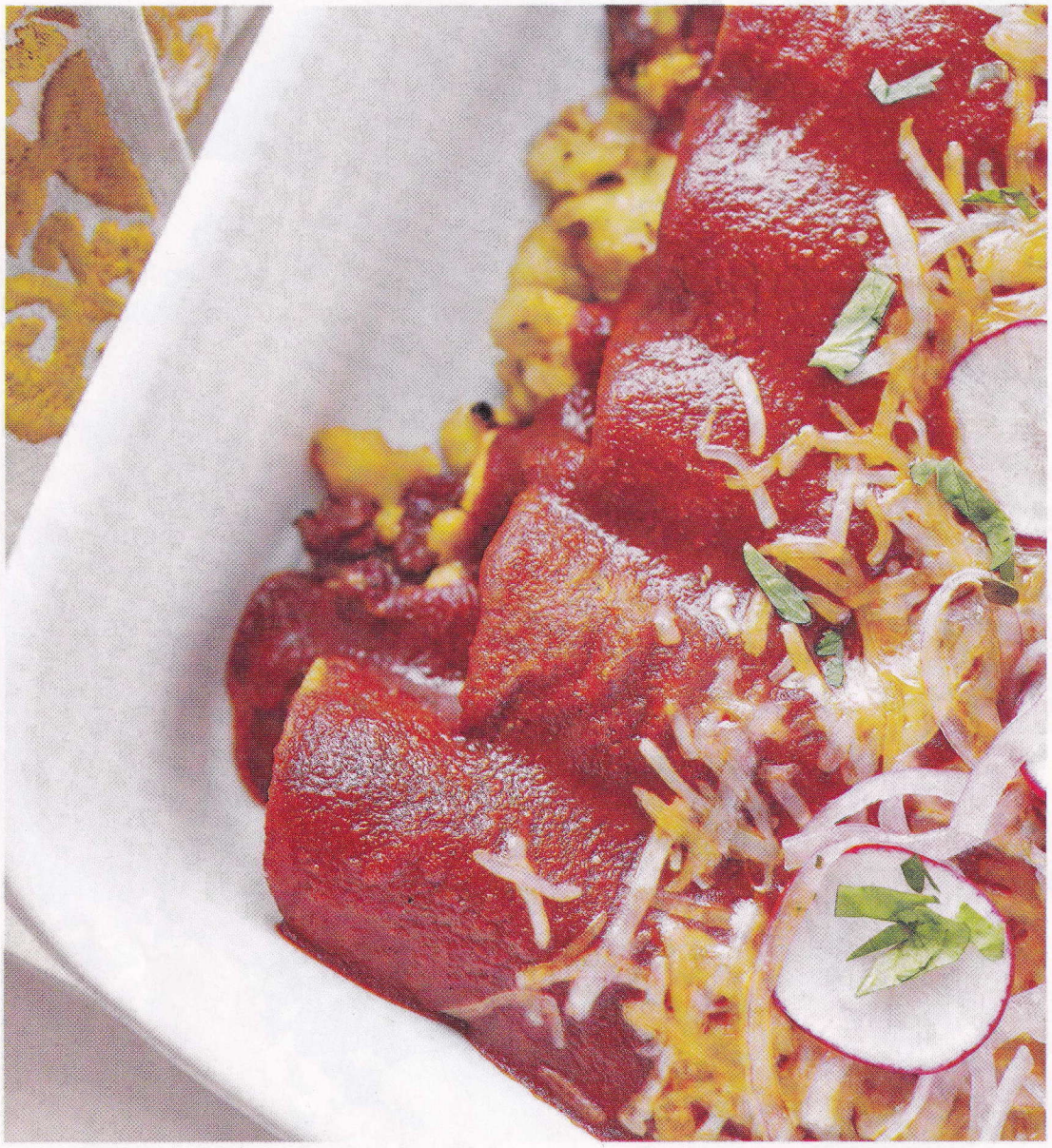
Preheat oven to 350°. Add 1 Tbsp oil and onion to pan on MED-HIGH. Cook, stirring, 3-4 min, until soft but not browned. Add chicken; season with salt and pepper. Cook on MED, stirring, about 4 min. Remove from heat; set aside.

Add 1 tsp oil to separate pan on LOW; add tortilla. Cook briefly on each side until warm and pliable. Add ¼ cup chicken mixture to tortilla. Roll up; arrange seam-side down in 9x9-inch baking dish. Repeat process with remaining tortillas and oil, adding 1 tsp oil to pan every 2 tortillas. Pour sauce evenly over enchiladas.

Bake 20 min; remove from oven. Garnish with radishes, pickled onion, lime crema, queso fresco, green onions, and cilantro.

Food You Feel Good About Plain Rotisserie Chicken

enchiladas



Breakfast Enchiladas

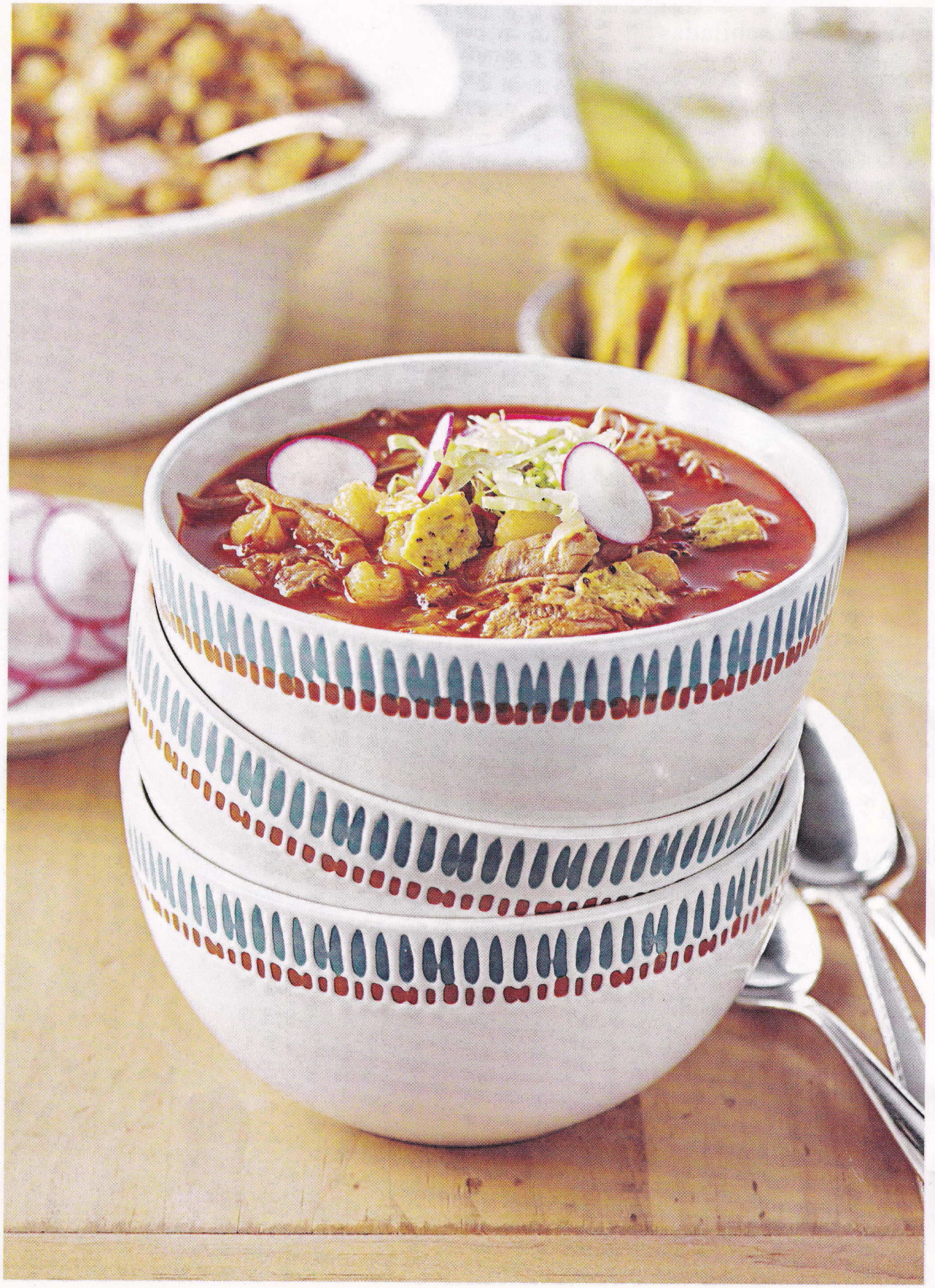
Serves 6: Each serving 2 enchiladas (about 8 oz)
Time: Total: 45 min **Active:** 30 min
Calories: 550 per serving

Recipe on wegmans.com/Mexican

Vegetable Enchiladas

Serves 6: Each serving 2 enchiladas (about 9 oz)
Time: Total: 50 min **Active:** 25 min
Calories: 480 per serving

Recipe on wegmans.com/Mexican



pozole

Pork Pozole

Serves 14: Each serving 1 cup
Time: Total: 2 hrs, 40 min **Active:** 40 min
Calories: 250 per serving

- **2 pkgs (about 2¼ lbs each) *Food You Feel Good About* Bone-In Half Pork Shoulder, cut in thirds**
- **2 containers (32 oz each) + 2 cups Wegmans Organic Chicken Broth**
- **2 dried bay leaves**
- **10 cloves *Food You Feel Good About* Cleaned & Cut Peeled Garlic, minced**
- **8 dried Guajillo chiles, stemmed, seeded**
- **1 (about ¾ lb) white onion, peeled, cut in 8 wedges**
- **1 tsp dried Mexican oregano**
- **2 tsp salt, plus additional to taste**
- **3 cans (15 oz each) Goya White Hominy, drained, rinsed**
- **Black pepper to taste**

Add pork, broth, bay leaves, garlic, chiles, onion, oregano, and salt to stockpot. Bring to low boil. Cover; cook until tender, about 2 hrs. Remove pork from cooking liquid; set aside.

Remove onion and chiles from cooking liquid; purée in blender about 1 min until smooth. Add purée and hominy to stockpot with cooking liquid. Bring to simmer; cook 30 min.

Break pork into bite-size pieces while hominy simmers. Discard excess fat and any bone. Add pork to stockpot; cook 5 min. Season with salt and pepper. Ladle into bowls; garnish with your choice of toppings.

Customize Your Pozole Choose from:

Food You Feel Good About Yellow Corn Tortilla Chips, crushed

Food You Feel Good About Shredded Iceberg Lettuce

Food You Feel Good About Cleaned & Cut Radishes, thinly sliced

White onion, chopped

Ground cayenne red pepper

Limes, cut in wedges

FROM OUR

Development Kitchen

Mexican Cooking Essentials—Adobos

We had the opportunity to spend a week in the kitchen with our chef partner, **Roberto Santibañez**, collaborating on our new adobo pastes. Roberto taught us that adobos are key building blocks for Mexican cooking, used as sauces and rubs to bring great flavor to many dishes. We've used these pastes in our **delicious Ready-to-Cook Fajita Meats** (see page 16) and we're excited to bring them to your kitchen, too! "Each paste uses a different Mexican chile pepper for its base," Roberto said. "That's what creates each distinct, complex flavor profile and makes it especially great with different proteins." **(More about Mexican peppers on page 12 or at wegmans.com/Mexican)**

Here are Roberto's suggested pairings—and why they work so well together:

Pasilla Pepper Adobo

Pepper base: Pasilla
Great with: Pork
Heat: Hot

"Pasilla blended with allspice, thyme, and clove creates beautiful color and rich aroma for the pale, delicately flavored pork."

Guajillo Pepper Adobo

Pepper base: Guajillo
Great with: Beef
Heat: Medium

"Guajillo's subtle tartness enhances beef's heartiness; cumin and sweet garlic create a party for the beef—they dance well together." (Good with shrimp, too.)

Ancho Chipotle Pepper Adobo

Pepper base: Ancho (smoked-dried poblano)
Great with: Chicken
Heat: Medium

"Mild chicken gets a punch of heat from the chipotle, sweetness and color from ancho. The bay leaves, thyme, clove, allspice, and ginger elevate flavor."

While Roberto's recommendations make the most of each adobo's characteristic flavors, these pastes are very versatile and can be used on your favorite proteins, based on the flavors you want to bring to your dish.

Taste the Perfect Blend of Italy & Napa Valley

We tried hundreds of wines until we discovered this standout producer from Napa Valley.

Italian-born Dario Di Conti brought his passion (and a winemaking degree from a prestigious Italian school) to California to take advantage of Napa Valley's favorable conditions. ***"Napa's climate is predictable, so it's easier to make consistently wonderful wines,"*** says Dario. "Making affordable, balanced, everyday wines from a beautiful place like Napa Valley is my passion—you might even say my mission!"

His Bixby Creek wines are the perfect marriage of Italy's refined elegance and Napa's fruit-forward, juicy, easy-drinking wines. ***"I have food in mind when I create these wines!"*** They're structured enough for steak, smooth enough for pasta, bright enough for pizza.

Enjoy Bixby Creek Bridge Cabernet Sauvignon, Chardonnay, Red Blend, and Sauvignon Blanc.

Available at these wine stores—New York: Century Liquor & Wines, Liquor City, Johnson City Liquor & Wine. **Maryland:** Hunt Valley Wine Liquor & Beer.

Some stores are individually owned and operated, and are not part of a chain or cooperative buying group. Prices and product availability may vary among stores.

poultry, beef & pork

Portions are an important part of balancing your plate. An easy first step is Half-Plate Healthy: filling half your plate with fruits and veggies, and half with anything else. To fine-tune portions even more we've created these meals with our 5-4-4 guideline. We start with two 4-oz veggie sides and about 5 oz of cooked protein. The total meal calories for these **EZ Meals** are based on this guideline.

Salt & Pepper Chicken Thighs
with Light Caesar Salad
& Seasoned Green Beans

Chicken Cutlet
with Zucchini Basil Purée
& Roasted Eggplant with Pesto

Roasted Turkey Breast with Gravy
with Carrot Purée
& Sautéed Mushroom Blend

Black Garlic Chicken
with Cauliflower Purée
& Roasted Brussels Sprouts

Chicken Cacciatore
with Cauliflower Rice

Turkey & Bean Chili
with Sprouted Grain Roll

Beef Tenderloin
with Cauliflower Purée
& Oven-Roasted Mushrooms
with Black Truffle Oil

Asian BBQ Beef Short Ribs
with Asian Chopped Salad
& Cauliflower Purée

Brown Sugar BBQ Pork
with Carrot Purée
& Seasoned Green Beans

Sunday Sauce
over Paccheri Rigati
with Light Caesar Salad

Beef Minestrone
with Wheat Roll
& Italian Blend Salad

Find more EZmeals ideas in our Wegmans App

Salt & Pepper Chicken Thighs

Braised seasoned boneless chicken thighs, green beans, and classic Caesar salad.

Total Calories: 390

Make it from scratch, see page 41

Technique on page 49

Chicken Cutlet

Pan-seared chicken with garlic and thyme, served with roasted eggplant with pesto and zucchini basil purée.

Total Calories: 350

Use our Wegmans App to add EZmeals to your list

Make it from scratch, see page 41

Roasted Turkey Breast with Gravy

Roasted herb butter-rubbed turkey breast and rich homestyle gravy with velvety carrot purée and caramelized mushrooms.

Total Calories: 470

Black Garlic Chicken

Tender, juicy bone-in chicken in a savory-sweet black garlic sauce, served with cauliflower purée and roasted Brussels sprouts.

Total Calories: 470

Find more EZmeals ideas in our Wegmans App

Make it from scratch, see page 41

Chicken Cacciatore

Stewed with peppers, mushrooms, and onions in a rich tomato sauce, served with roasted cauliflower rice.

Total Calories: 290

Use our Wegmans App to add **EZmeals** to your list

Make it from scratch, see page 42

Turkey & Bean Chili

Warmly spiced with Great Northern beans, tomatoes, sweet red peppers, and onion, served with a crusty sprouted grain roll.

Total Calories: 440

Find more EZmeals ideas in our Wegmans App

Make it from scratch, see page 42

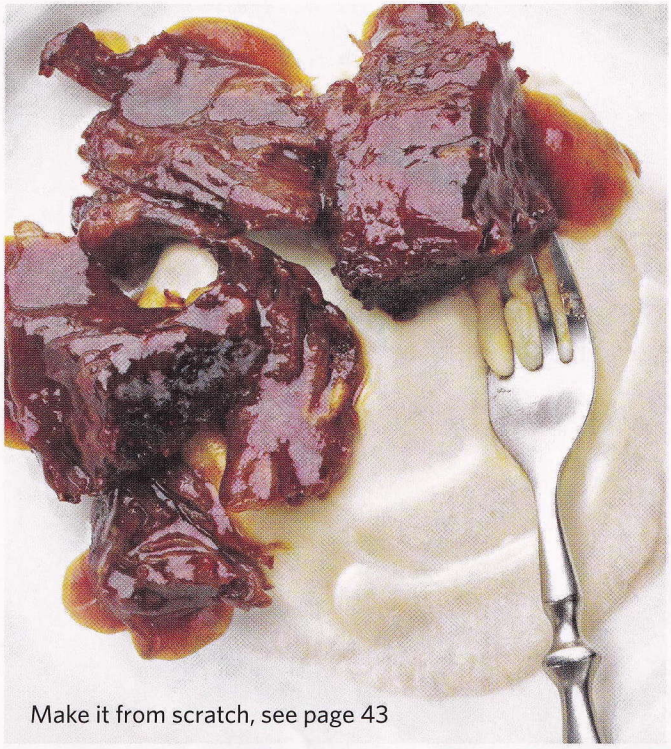
Use our Wegmans App to add EZmeals to your list

Beef Tenderloin

Antibiotic-free angus beef seared with herbs and butter on top of cauliflower purée with caramelized mushrooms and truffle oil.

Total Calories: 460

Technique on page 49



Make it from scratch, see page 43

Asian BBQ Beef Short Ribs

Tender, braised short ribs with ginger, soy, and orange, served on top of cauliflower purée with a crunchy Asian chopped salad.

Total Calories: 550

Brown Sugar BBQ Pork

Slow-cooked with sweet spices, served with crisp green beans and carrot purée.

Total Calories: 560

Find more EZmeals ideas in our Wegmans App

Make it from scratch, recipe on wegmans.com

Use our Wegmans App to add EZmeals to your list

Sunday Sauce

Tender meatballs, spicy Italian sausage, and shredded pork shoulder in robust tomato sauce, served over paccheri rigati with Caesar salad.

Total Calories: 480

Make it from scratch, see page 43

Oven-Safe Packaging

Our chef-developed Oven-Safe Packaging Entrées are an easy way to put a flavorful meal on the table. These entrées are:

- **Convenient:** Stays fresh longer in package, easy to cook and clean up
- **Safe:** Packaging designed to cook food safely in oven; tested at Rochester Institute of Technology and Virginia Tech and proven food-safe—and it's made without any added BPA
- ***Food You Feel Good About:*** All entrées offered in our Oven-Safe Packaging contain no artificial colors, flavors or preservatives

Food You Feel Good About
Memphis Split Chicken in Oven-Safe Package

Pair with Seasoned Green Beans and Sweet Potato Sticks

Food You Feel Good About
Memphis Pork Ribs in Oven-Safe Package

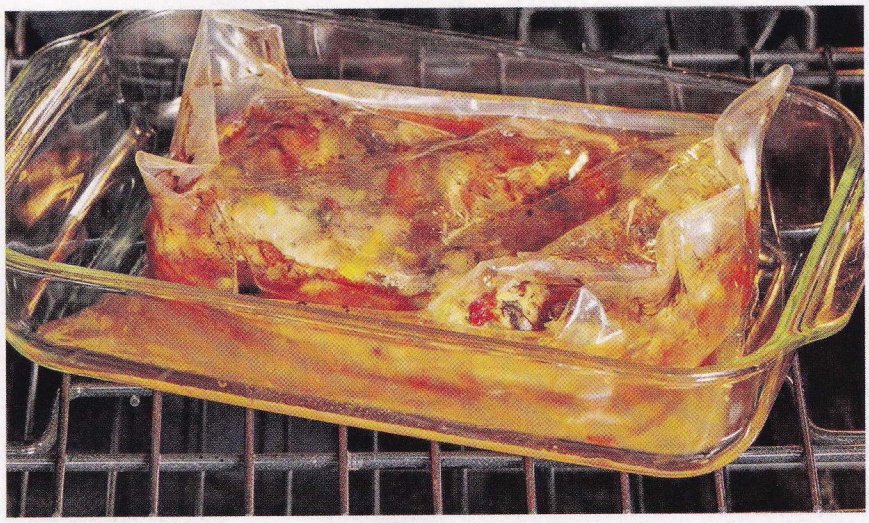
Pair with Roasted Vegetables and Butternut Squash Noodles

Food You Feel Good About
Rosemary Lemon Chicken in Oven-Safe Package

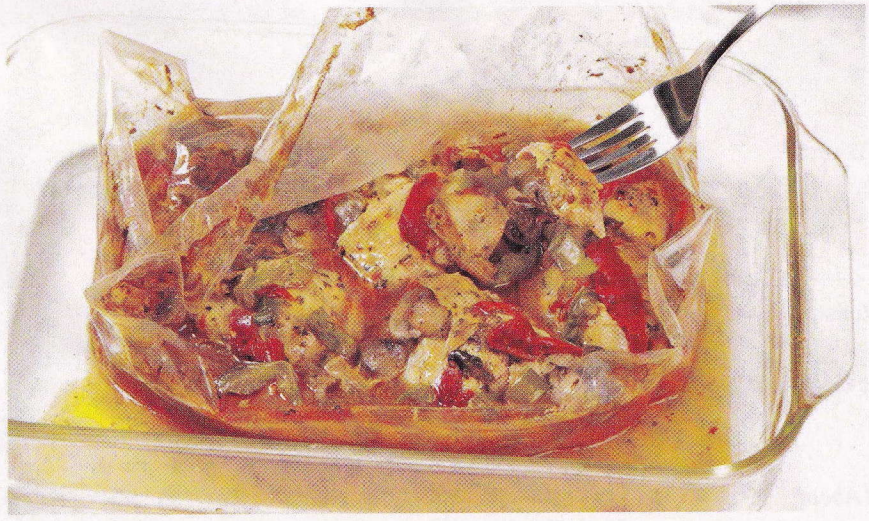
Pair with Roasted Brussels Sprouts and Beet Noodles

3 easy steps to incredibly delicious entrées:

1 **Remove labels** per package directions — no need to cut slits.



2 **Place** the closed vacuum-sealed bag in a baking pan on your oven's center rack.



3 When it's done, just **peel back the film** and serve; minimal cleanup.

Scan these pages with your Wegmans App to see our how-to video on Oven-Safe Packaging.

Slow-Cooked Beef Minestrone

Serves 9: Each serving about 13 oz (about 1½ cups)
Time: Total: 4 hrs, 50 min on HIGH or 9 hrs, 5 min on LOW **Active:** 20 min
Calories: 300 per serving

- **1½ lbs Wegmans Boneless Beef Chuck Roast, cut in 1-inch cubes**
- **1 pkg (16 oz) *Food You Feel Good About* Cleaned & Cut Minestrone Soup Vegetables**
- **Salt and pepper to taste**
- **1 container (32 oz) *Food You Feel Good About* Beef Culinary Stock**
- **1 can (14.5 oz) Wegmans Italian Style Diced Tomatoes**
- **1 container (24 oz) *Italian Classics* Seasoned Tomato Sauce (Dairy Dept)**
- **½ cup *Italian Classics* Ditalini Rigati Pasta, uncooked**
- **1 can (15.5 oz) *Food You Feel Good About* Garbanzo Beans, rinsed, drained**
- **1 pkg (6 oz) *Food You Feel Good About* Fresh Baby Spinach**

Add beef, veggies, salt, pepper, stock, tomatoes, and sauce to 6-8 qt slow cooker.

Cover; cook on HIGH 4 hrs or LOW 8 hrs. Add dry pasta and beans; cook another 30 min on HIGH or 45 min on LOW.

Add spinach to slow cooker; stir about 2 min until wilted.

Salt & Pepper Chicken Thighs

Serves 4: Each serving about 5 oz chicken
Time: Total: 20 min
Calories: 320 per serving

- **1 pkg (about 1½ lbs) *Food You Feel Good About* Boneless Skinless Chicken Thigh Cutlets**
- **2 tsp salt**
- **¾ tsp black pepper**
- **1 Tbsp Wegmans Pure Olive Oil**

Season chicken with salt and pepper. Heat oil in sauté pan on MED-HIGH until oil faintly smokes; add chicken. Cook 3-5 min until chicken changes color one-quarter of way up and seared side has browned.

Turn over; reduce heat to MED. Cook 8-10 min until internal temp reaches 165° (check by inserting thermometer halfway into thickest part of chicken).

Also try our Garlic Parmesan Chicken Thighs. Available in Oven-Safe Package or recipe on wegmans.com or Wegmans App.

Roasted Turkey Breast with Gravy

Serves 4: Each serving about 5 oz turkey, 2 Tbsp gravy
Time: Total: 1 hr, 50 min **Active:** 20 min
Calories: 290 per serving

- **½ of a 14 oz pkg *Food You Feel Good About* Large Cut Mirepoix (Produce Dept)**
- **1 pkg (about 3 lbs) *Food You Feel Good About* Split Turkey Breast**
- **½ Tbsp Wegmans Organic Basting Oil**
- **Salt and pepper to taste**
- **1 container (8 oz) *Food You Feel Good About* Home-Style Gravy (Meat Dept)**

Preheat oven to 450°. Add mirepoix to roasting pan; top with turkey breast. Rub with basting oil; season with salt and pepper.

Roast on center rack of oven 15 min; reduce heat to 350°. Roast about 1 hr, 30 min until internal temp reaches 165° (check by inserting thermometer halfway into thickest part of turkey breast, away from bone).

Transfer to cutting board; cover with foil. Let rest 10 min.

Place roasting pan with pan juices and mirepoix on stove. Add gravy; stir to combine. Bring to boil on MED. Simmer 5 min. Remove from heat; strain through sieve. Discard vegetables. Slice turkey; serve with gravy.

Black Garlic Chicken

Serves 6: Each serving about 5 oz chicken, 11 oz (about 1 cup) veggies & sauce
Time: Total: 1 hr **Active:** 30 min
Calories: 360 per serving

- **2 containers (8 oz each) *Food You Feel Good About* Demi-Glace (Meat Dept)**
- **1 container (1.5 oz) More Than Gourmet Classic French Demi-Glace Gold (Grocery Dept)**
- **½ cup *Food You Feel Good About* Chicken Culinary Stock**
- **2 Tbsp black vinegar, divided**
- **½ of a 4 oz pkg organic black garlic**
- **1 pkg (about 3 lbs) Wegmans Organic Whole Chicken Cut in Pieces**
- **½ Tbsp Frontier Alder Smoked Salt (not ground)**
- **1 Tbsp *Asian Classics* Soy Sauce**
- **½ Tbsp *Food You Feel Good About* Dark Brown Sugar**
- **1 Tbsp *Food You Feel Good About* Vegetable Oil**
- **½ tsp black pepper**
- **1 pkg (20 oz) *Food You Feel Good About* Sliced Baby Bella Mushrooms, washed**
- **1 pkg (6 oz) *Food You Feel Good About* Cleaned & Cut Peeled Pearl Onions**

Preheat oven to 350°. Add demi-glace sauces, stock, 1 Tbsp black vinegar, and black garlic to blender; blend until well combined. Set aside.

Add chicken, smoked salt, soy sauce, brown sugar, remaining black vinegar, and pepper to large bowl; toss to coat. Marinate 5 min.

Heat oil in braising pan on MED-HIGH. Add chicken; cook, turning to sear all sides, about 5 min. Remove chicken from pan; set aside.

Reduce heat to MED; add mushrooms and pearl onions to pan. Cook, stirring occasionally, about 5 min. Return chicken to pan. Pour sauce over chicken; bring to simmer. Cover; transfer to oven. Bake 40-45 min.

Slow-Cooked Chicken Cacciatore

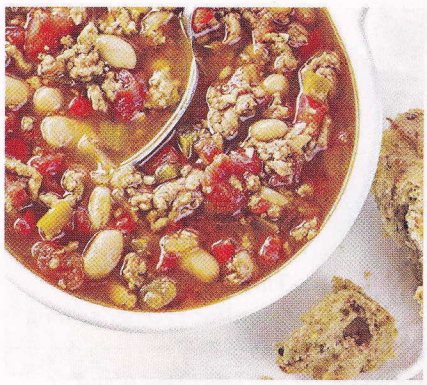
Serves 6: Each serving about 5 oz chicken, 9 oz (about 1 cup) veggies & sauce
Time: Total: 4 hrs, 15 min on HIGH or 6 hrs, 15 min on LOW **Active:** 15 min
Calories: 370 per serving

- 1 pkg (about 3 lbs) Wegmans Chicken Split Breasts with Ribs, Drums and Thighs
- 2 cloves *Food You Feel Good About* Cleaned & Cut Peeled Garlic, minced
- 1 pkg (8 oz) *Food You Feel Good About* Sliced Baby Bella Mushrooms, washed
- 1 pkg (16 oz) *Food You Feel Good About* Cleaned & Cut Sliced Peppers & Onions
- 1 cup dry red wine
- 4 tsp Wegmans Garlic Herb Seasoning Shak'r
- 1 container (24 oz) *Italian Classics* Seasoned Tomato Sauce (Dairy Dept)
- Salt and pepper to taste

Add chicken, garlic, mushrooms, peppers and onions, wine, seasoning, and tomato sauce to 6-8 qt slow cooker.

Cover; cook on HIGH 4 hrs or LOW 6 hrs. Season with salt and pepper.

Chef Tip: For deeper flavor, sear the chicken before placing in slow cooker.



Slow-Cooked Turkey & Bean Chili

Serves 10: Each serving about 13 oz (about 1½ cups)
Time: Total: 4 hrs, 20 min on HIGH or 8 hrs, 20 min on LOW **Active:** 20 min
Calories: 250 per serving

- 2 Tbsp Wegmans Pure Olive Oil
- 2 pkgs (1 lb each) *Food You Feel Good About* Fresh Ground Turkey
- 2 cans (14.5 oz each) Wegmans Diced Tomatoes
- 12 cloves *Food You Feel Good About* Cleaned & Cut Peeled Garlic, minced
- 2 containers (7 oz each) *Food You Feel Good About* Chopped Onions
- 2 (about 1 lb total) sweet red peppers, cored, seeded, ¼-inch dice
- 2 containers (7 oz each) *Food You Feel Good About* Diced Green Peppers
- 2 cans (15.5 oz each) *Food You Feel Good About* Great Northern Beans, rinsed, drained
- 1 container (32 oz) *Food You Feel Good About* Chicken Culinary Stock
- 2 Tbsp Worcestershire sauce
- 1 Tbsp *Asian Classics* Soy Sauce
- 6 *Food You Feel Good About* Bay Leaves (or 2 dried)
- 2 Tbsp hot Mexican-style chili powder
- ¼ tsp ground cloves
- 2 tsp ground cumin
- Salt to taste

Heat oil in pan on MED-HIGH until oil faintly smokes. Add turkey; cook, stirring, about 8 min until crumbled and fully cooked. Transfer to 6-8 qt slow cooker.

Add tomatoes, garlic, onion, red peppers, green peppers, beans, stock, Worcestershire sauce, soy sauce, bay leaves, chili powder, cloves, cumin, and salt to slow-cooker. Stir to combine; cover.

Cook on HIGH 4 hrs or LOW 8 hrs. Discard bay leaves.

Slow-Cooked Asian BBQ Beef Short Ribs

Serves 5: Each serving (5 oz rib meat, 2 Tbsp sauce)
Time: Total: 4 hrs, 35 min on HIGH or 7 hrs, 35 min on LOW **Active:** 35 min
Calories: 420 per serving

- **3 lbs Wegmans Bone-in Beef Short Ribs**
- **Wegmans Pan Searing Flour**
- **2 Tbsp Wegmans Pure Olive Oil**
- **Salt and pepper to taste**
- **1 bottle (20 oz) *Food You Feel Good About* Asian-Style BBQ Sauce**
- **1 bottle (12 oz) lager-style beer**

Dust ribs with pan-searing flour; pat off excess.

Heat oil on MED in large braising pan until oil faintly smokes. Add ribs, being careful not to overcrowd pan. Turn over when ribs change color one-quarter of way up and seared side has browned. Sear ribs on all sides, 10-15 min. Remove ribs; transfer to slow cooker. Season with salt and pepper.

Combine BBQ sauce and beer in large bowl; pour over ribs.

Cover; cook on HIGH 4-5 hrs or LOW 6-7 hrs, until tender.

Skim fat from surface; discard. Remove ribs from slow cooker. Season with salt and pepper. Serve ribs with sauce.

Slow-Cooked Sunday Sauce

Serves 12: Each serving 9 oz (about 1 cup sauce and meat, ½ meatball)
Time: Total: 6 hrs, 5 min on HIGH or 8 hrs, 5 min on LOW **Active:** 5 min
Calories: 430 per serving

- **2 jars (45 oz each) *Italian Classics* Grandma's Pomodoro Sauce**
- **1 pkg (about 1½ lbs) Wegmans Boneless Country Ribs**
- **1 pkg (about 1¼ lbs) *Italian Classics* Hot Italian Pork Sausage**
- **1 pkg (about 1 lb) Wegmans Ready-to-Cook Entrée Size Meatballs**
- **½ cup water**

Add 1 jar sauce to 6-8 qt slow cooker. Place ribs, sausage, and meatballs on top of sauce; cover with remaining jar of sauce. Rinse empty jars with water; add liquid to slow cooker.

Cover; cook on HIGH 6 hrs or LOW 8 hrs. Transfer meat to serving platter; cut into servable pieces. Transfer sauce to serving bowl.

Find our braised version of this recipe on wegmans.com or Wegmans App.

seafood

Delicious pan-seared or baked entrée ideas to make or take.

Mediterranean Cod
with Zucchini Noodles

Scallops with Carrot Purée
with Roasted Asparagus

Salmon Teriyaki
with Mushrooms

Farm-Raised Salmon
with Carrot Purée
& Roasted Peewee
Potatoes with Peppers

Mediterranean Cod

Pan-seared cod with lemon-butter sauce on a bed of roasted zucchini noodles with artichokes and capers.

Total Calories: 400

Find more EZmeals ideas in our Wegmans App

Make it from scratch, see page 50

Scallops with Carrot Purée

Baked sea scallops drizzled with a carrot purée sauce over a bed of fennel and baby spinach, served with roasted asparagus.

Total Calories: 490

Use our Wegmans App to add EZmeals to your list

Make it from scratch, see page 51

Make it from scratch, see page 51

Salmon Teriyaki

Pan-seared salmon, white mushrooms, and peppers glazed with sweet and savory teriyaki.

Total Calories: 490

Find more EZmeals ideas in our Wegmans App

Farm-Raised Salmon

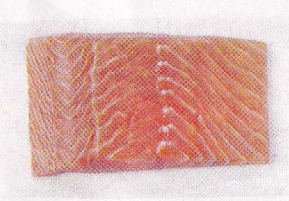
Pan-seared salmon basted with herbs, served with roasted peewee potatoes and peppers on top of carrot purée.

Total Calories: 550

Technique on page 49

Pan Searing

3 easy steps to a great balanced meal



1 **Pan sear a protein**
follow directions below

2 **Warm up your purée**
follow package directions

3 **Heat your veggies**
follow package directions

Pan Searing Technique

1. **Season** protein if desired. Lightly dust with pan searing flour; pat off excess. (If protein is thicker than ½ inch, preheat oven.)
2. **Heat** olive oil in pan on MED-HIGH, until oil faintly smokes; add protein. (If oil smokes too much, pan is too hot.)
3. **Sear** until bottom quarter changes color (about 3 min). Turn over. Reduce heat to MED. (If thicker than ½ inch, place pan in preheated 350° oven.)
4. **Cook** 3-5 min, until internal temp reaches 10° lower than final target temperature. Check by inserting thermometer halfway into thickest part of protein. (If transferred to oven, replace pan on stove for final step.)
5. **Add** basting oil or butter to pan. Swirl and baste protein with spoon, 1-3 min, until internal temp reaches target temp (chart below). Transfer to clean plate; let rest 2-5 min.

Protein	Baste temp	Remove from pan temp
Poultry	155° F	165° F
Beef (med.)	120° F	130° F
Seafood	120° F	130° F
Pork	140° F	150° F

Scan this page with your Wegmans App to see our pan-searing technique video.

Mediterranean Cod

Serves 4: Each serving 5 oz cod, 6¾ oz (about 1 cup) veggies & sauce **Time: Total:** 40 min
Calories: 330 per serving

- **4 (6 oz each) fresh cod portions**
- **Salt and pepper to taste**
- **Wegmans Pan Searing Flour**
- **2 Tbsp *Italian Classics* Organic Extra Virgin Olive Oil**
- **½ cup white wine**
- **2½ cups Wegmans Organic Chicken Broth**
- **⅓ of a 3 oz jar *Italian Classics* Nonpareil Capers, drained, plus additional for garnish**
- **¼ lb pitted Castelvetrano olives (Mediterranean Bar), halved**
- **1 pkg (12 oz) *Food You Feel Good About* Just Picked Artichoke Hearts Halves & Quarters (Frozen Foods)**
- **¾ of an 11 oz container Wegmans Organic Baby Spinach**
- **Juice of 2 lemons (about ⅓ cup), plus additional lemon slices for garnish**
- **2 Tbsp Wegmans Salted Butter**

Season cod lightly with salt and pepper. Dust with pan-searing flour; pat off excess.

Heat oil in braising pan on MED-HIGH until oil faintly smokes; add cod. Cook about 3 min until cod changes color one-quarter of way up and seared side has browned. Turn over; cook about 2 min, until second side has browned. Remove cod from pan; set aside.

Remove pan from heat; add wine and broth. Return pan to heat; bring to boil. Cook, stirring, about 5 min until liquid is reduced by half. Add capers, olives, artichokes, spinach and cod; cover. Cook about 6 min until internal temp of cod reaches 130° (check by inserting thermometer halfway into thickest part of cod). Remove cod from pan; set aside.

Transfer veggie mixture to serving platter; reserve liquid in pan. Top veggies with cod. Add lemon juice and butter to pan; stir to melt butter. Cook, stirring, about 4 min, until liquid is reduced. Pour liquid over cod and veggies; garnish with lemon slices and capers.

Also try our Mediterranean Chicken. Available in Ready-to-Cook or recipe on wegmans.com or Wegmans App.

Scallops with Carrot Purée

Serves 5: Each serving 9 oz (about 1 cup)
Time: Total: 45 min **Active:** 15 min
Calories: 230 per serving

- **Wegmans Canola Oil Cooking Spray**
- **1 lb Wegmans Fresh Sea Scallops**
- **¾ tsp lemon pepper seasoning**
- **1 container (8 oz) *Food You Feel Good About* Carrot Purée**
- **1 container (4 oz) Wegmans Lemon Butter Sauce (Seafood Dept)**
- **Juice of ½ lemon (about 1½ Tbsp)**
- **1 bulb (about 1 lb) fennel, trimmed, sliced in thin strips**
- **½ of a 10 oz pkg Wegmans Organic Matchstick Carrots**
- **½ cup *Food You Feel Good About* Chopped Onions**
- **½ of a 6 oz pkg *Food You Feel Good About* Fresh Baby Spinach**
- **1 Tbsp *Food You Feel Good About* Basting Oil**
- **¼ tsp salt**
- **⅛ tsp black pepper**

Preheat oven to 350°. Spray 9x13-inch baking dish with cooking spray; set aside. Combine scallops and lemon pepper seasoning in small bowl; set aside.

Add carrot purée, lemon butter sauce, and lemon juice to separate small bowl; mix to combine. Set aside.

Add fennel, carrots, onions, spinach, basting oil, salt, and pepper to large bowl. Toss to combine; add to baking dish. Top evenly with scallops and then carrot purée mixture.

Bake about 30 min until internal temp of scallops reaches 130° (check by inserting thermometer halfway into thickest part of scallop).

Salmon Teriyaki with Mushrooms

Serves 4: Each serving about 5 oz salmon, 7 oz (about ¾ cup) veggies & sauce
Time: Total: 20 min
Calories: 550 per serving

- **1 pkg (20 oz) *Food You Feel Good About* Sliced White Mushrooms, washed**
- **1 sweet red pepper, cored, seeded, thinly sliced**
- **2 Tbsp Wegmans Organic Basting Oil**
- **¾ cup Wegmans Organic Teriyaki Sauce**
- **2 Tbsp Wegmans Pure Olive Oil**
- **4 (6 oz each) Wegmans Fresh Farm-Raised Salmon Portions**
- **Salt and pepper to taste**

Preheat oven to 450°. Add mushrooms, peppers, basting oil, and teriyaki sauce to bowl; toss to combine.

Coat 12-inch cast-iron skillet with olive oil. Season both sides of salmon with salt and pepper; center in skillet skinned-side up. Arrange mushroom mixture around salmon; transfer skillet to oven.

Roast about 15 min until internal temp reaches 130° (check temp by inserting thermometer halfway into thickest part of fish). Remove skillet carefully from oven using oven mitts; serve.

veggies

Eating veggies is the best place to start eating healthier, and these meals are another easy way to love your veggies. They taste great and have 5g or more of fiber. Fiber feeds good bacteria to help protect your digestive system from inflammation.

Portabella Mushroom Pizza
with Rosemary Olive Oil Sourdough Roll

Pulled Portabella Open-Faced Sandwich
with Sweet Potato Sticks & Garlicky Greens

Portabella Mushroom Cutlets with Mediterranean Veggies
with Light Caesar Salad & Wheat Roll

Portabella Mushroom Parmesan with Zucchini Noodles
with Organic Ciabatta Roll

Make it from scratch, see page 54

Portabella Mushroom Pizza

Roasted portabella cap topped with basil, Campari tomatoes, and mozzarella, served with a rosemary olive oil sourdough roll.

Total Calories: 460

Find more EZmeals ideas in our Wegmans App

Portabella Mushroom Pizza

Serves 2: Each serving 2 pizzas (about 16 oz)
Time: Total: 30 min Active: 10 min
Calories: 260 per serving

- **1 pkg (18 oz) *Food You Feel Good About* Portabella Mushroom Caps, washed**
- **16 leaves *Food You Feel Good About* Fresh Basil**
- **4 *Food You Feel Good About* Campari Cocktail Tomatoes, each cut into 4 slices**
- **1⅓ cups Wegmans Shredded Part Skim Mozzarella**

Preheat oven to 350°. Place mushrooms on baking sheet, gill-side up. Layer each with 4 basil leaves, 4 tomato slices, and ⅓ cup mozzarella.

Bake, 20-25 min, until cheese is golden brown.

Pulled Portabella Open-Faced Sandwich

Serves 4: Each serving 1 sandwich
Time: Total: 25 min
Calories: 300 per serving

- **1 Tbsp Wegmans Pure Olive Oil**
- **1 pkg (1 lb) Wegmans Shredded Portabellas (Fresh Cut Veggies)**
- **Salt and pepper to taste**
- **¼ cup *Food You Feel Good About* Memphis Style BBQ Sauce**
- **½ lb Wegmans Homestyle Cole Slaw (Market Café)**
- **4 slices Wegmans Organic Sprouted Multigrain Sandwich Bread, toasted**

Preheat 12-inch cast-iron skillet on MED 5 min. Add oil; heat on HIGH. Add mushrooms; press down in skillet using spatula. Cook 5 min; turn over. Press down again; cook 5 min, pressing with the back of a spoon to break into smaller shreds. Season with salt and pepper.

Turn off heat; allow skillet to cool slightly 1-2 min. Add sauce; stir to combine. Set aside.

Divide cole slaw evenly on each toasted bread slice; top evenly with mushrooms.

Portabella Mushroom Cutlets with Mediterranean Veggies

Serves 6: Each serving 1 cutlet, 11 oz (about 1 cup) veggies & broth
Time: Total: 30 min
Calories: 270 per serving

- **2 Tbsp Wegmans Salted Butter**
- **1 Tbsp minced *Food You Feel Good About* Cleaned & Cut Peeled Garlic**
- **¼ lb pitted Castelvetrano olives (Mediterranean Bar), halved**
- **1 pkg (12 oz) *Food You Feel Good About* Just Picked Artichoke Hearts Halves & Quarters (Frozen Foods)**
- **¾ of an 11 oz container Wegmans Organic Baby Spinach**
- **½ cup white wine**
- **2½ cups Wegmans Organic Vegetable Broth**
- **½ of a 1 lb pkg Wegmans Zucchini Noodles (Fresh Cut Veggies)**
- **3 Tbsp chopped fresh Italian parsley, plus additional for garnish**
- **¼ cup *Italian Classics* Nonpareil Capers, drained**
- **Juice of 2 lemons (about ⅓ cup)**
- **2 tsp salt**
- **1 tsp black pepper**
- **½ cup Wegmans Pure Olive Oil**
- **6 Wegmans Breaded Portabella Mushroom Cutlets**

Add butter, garlic, olives, and artichokes to large pan on MED-HIGH. Cook, stirring occasionally, 3 min. Add spinach and wine; cook, stirring occasionally, 1-2 min. Add broth and zucchini noodles; cook 4 min. Add 3 Tbsp parsley, capers, lemon juice, salt, and pepper; stir to combine. Set aside; keep warm.

Heat oil in separate pan on MED-HIGH until oil faintly smokes. Add 3 mushrooms cutlets; cook about 2 min until edges lightly brown. Turn over; cook about 2 min. Remove from pan; drain on paper towels. Repeat process with remaining mushroom cutlets.

Transfer veggie broth mixture to serving platter; garnish with parsley. Serve with mushroom cutlets.

new!
Breaded Portabella Mushroom Cutlets (Fresh Cut Veggies)

Portabella Mushroom Parmesan with Zucchini Noodles

Serves 6: Each serving 1 cutlet, 13 oz (about 1 cup) noodles & sauce
Time: Total: 30 min
Calories: 300 per serving

- ½ cup Wegmans Pure Olive Oil
- 6 Wegmans Breaded Portabella Mushroom Cutlets
- 2 containers (24 oz each) *Italian Classics* Seasoned Tomato Sauce (Dairy Dept), divided
- ¾ cup Wegmans Shredded Whole Milk Mozzarella Cheese
- 1 pkg (1 lb) Wegmans Zucchini Noodles (Fresh Cut Veggies)
- Salt and pepper to taste
- ¼ cup *Italian Classics* Grated Parmigiano Reggiano (Cheese Shop)
- Fresh Italian parsley, chopped, for garnish

Preheat oven to 350°. Heat oil in pan on MED-HIGH until oil faintly smokes. Add 3 mushroom cutlets; cook about 2 min until edges lightly brown. Turn over; cook about 2 min. Remove from pan; drain on paper towels. Repeat process with remaining mushroom cutlets.

Transfer mushroom cutlets to parchment paper-lined baking sheet. Divide ½ container sauce evenly over mushroom cutlets; top each with 2 Tbsp mozzarella cheese. Bake about 10 min until cheese melts.

Add zucchini noodles and remaining sauce to large pan. Bring to simmer on MED; cook 10 min. Season with salt and pepper. Transfer to serving platter. Sprinkle with grated cheese and garnish with parsley. Serve with mushroom cutlets.

Also try our Portabella Mushroom Marsala or Portabella Mushroom Cutlets with Lemon Butter Sauce. Recipes on wegmans.com or Wegmans App.

"The best we can do is allow great wines to make themselves. We just let the grapes and the land speak."

Pierre Rovani, Remoissenet's President

Taste what makes Remoissenet's Burgundy wines superior

2015 Remoissenet Rully-Les Cloux Chevaliers De L'Arquebuse Premier Cru

Rully-Les Cloux is 100% Chardonnay with seductive aromas and flavors of pear, citrus, and apple. Plush and round, with a silky texture that has a lengthy finish and pleasant acidity.

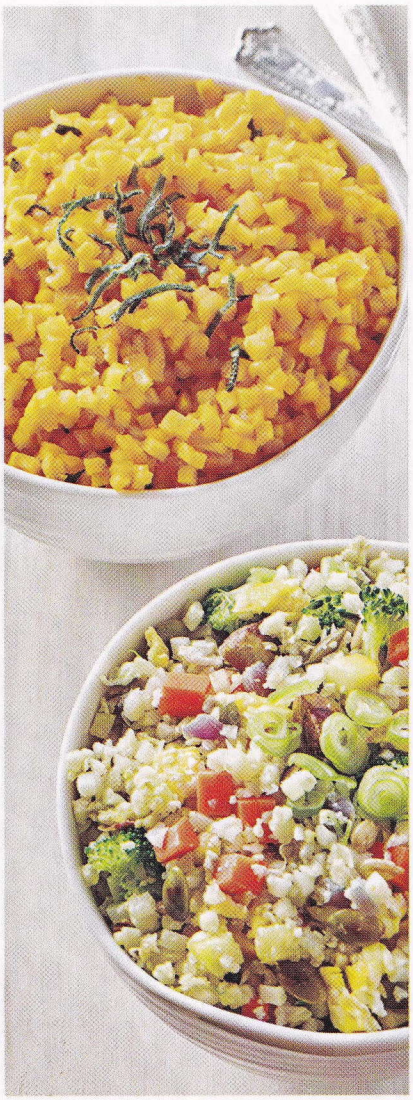
2015 Remoissenet Beaune-Marconnets Chevaliers De L'Arquebuse Premier Cru

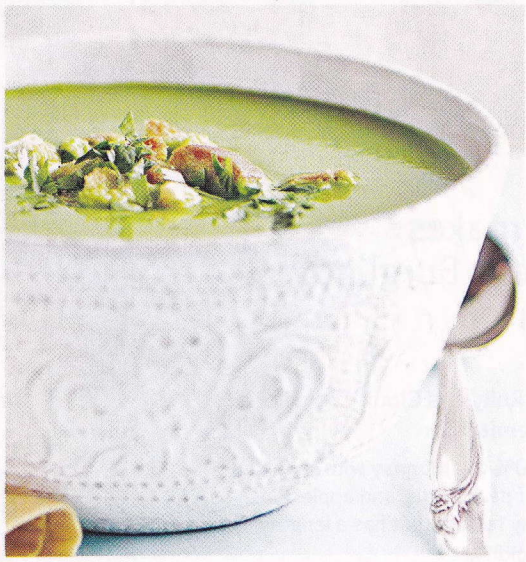
Made from 100% Pinot Noir. Aromas of dark currant, plum, and spice. Medium-bodied and well-balanced, with velvety texture and a firm finish.

Available at these wine stores

New York: Century Liquor & Wines, Liquor City, Johnson City Liquor & Wine. **Maryland:** Hunt Valley Wine Liquor & Beer.

Some stores are individually owned and operated, and are not part of a chain or cooperative buying group. Prices and product availability may vary among stores.





veggie soups & sides

Colorful fruits and veggies have a wide variety of natural vitamins and minerals that can help fight inflammation and support your immune system.

Veggie Purée

- Zucchini Basil Bruschetta Pizza
- Mac & Cheese with Cauliflower Purée
- Zucchini Basil Jalapeño Soup
- Carrot Ginger Soup
- Cauli-Clam Chowder
- Veggie Farro

Veggie Sticks

- Butternut Squash Sticks with Sage Brown Butter
- Jicama Sticks
- Carrot Sticks Kimchi-Style

Veggie Rice

- Butternut Squash "Rice" with Sage Brown Butter
- Cauliflower Happy "Rice"
- Fried Cauliflower "Rice"

new!

veggie purées

Zucchini Basil Bruschetta Pizza

Serves 4: Each serving ½ pizza (about 5 oz)
Time: Total: 15 min **Active:** 5 min
Calories: 340 per serving

- **1 pkg (2 pk) Wegmans Ready-to-Cook White Naan Bread Pizza Crust (Pizza Dept)**
- **¼ cup *Food You Feel Good About* Zucchini Basil Purée**
- **½ cup Wegmans Shredded Whole Milk Mozzarella Cheese**
- **1 cup bruschetta (Mediterranean Bar)**
- **2 Tbsp *Italian Classics* Shredded Italian Blend (Cheese Shop)**

Spread each crust with 2 Tbsp zucchini basil purée; top each with half the mozzarella and bruschetta. Sprinkle each with shredded Italian Blend cheese. Cook using desired method.

Oven

Preheat oven to 450° with rack in center. Transfer pizzas directly to oven rack. Bake, 7-10 min, until crust begins to brown.

Oven with Pizza Stone

Set stone in cold oven; heat 15 min at 450°. Transfer pizzas carefully to preheated stone (use oven mitts; stone is extremely hot). Bake, 5-7 min, until crust begins to brown.

For more recipes with veggie purées, visit wegmans.com/loveyourveggies.

Food You Feel Good About Zucchini Basil Purée (Market Café)

Mac & Cheese with Cauliflower Purée

Serves 8: Each serving 7 oz (about 1 cup)
Time: Total: 10 min
Calories: 300 per serving

- **1 box (16 oz) *Food You Feel Good About* Elbows, cooked per pkg directions**
- **1½ cups *Food You Feel Good About* Cauliflower Purée**
- **1½ cups Wegmans Homestyle Cheese Sauce (Dairy Dept)**

Stir cauliflower purée and cheese sauce in saucepan on MED-LOW; heat about 5 min. Toss sauce mixture with cooked pasta.

Food You Feel Good About Cauliflower Purée (Market Café)

Scan these pages with your Wegmans App for more recipes with veggie purées.

Zucchini Basil Jalapeño Soup

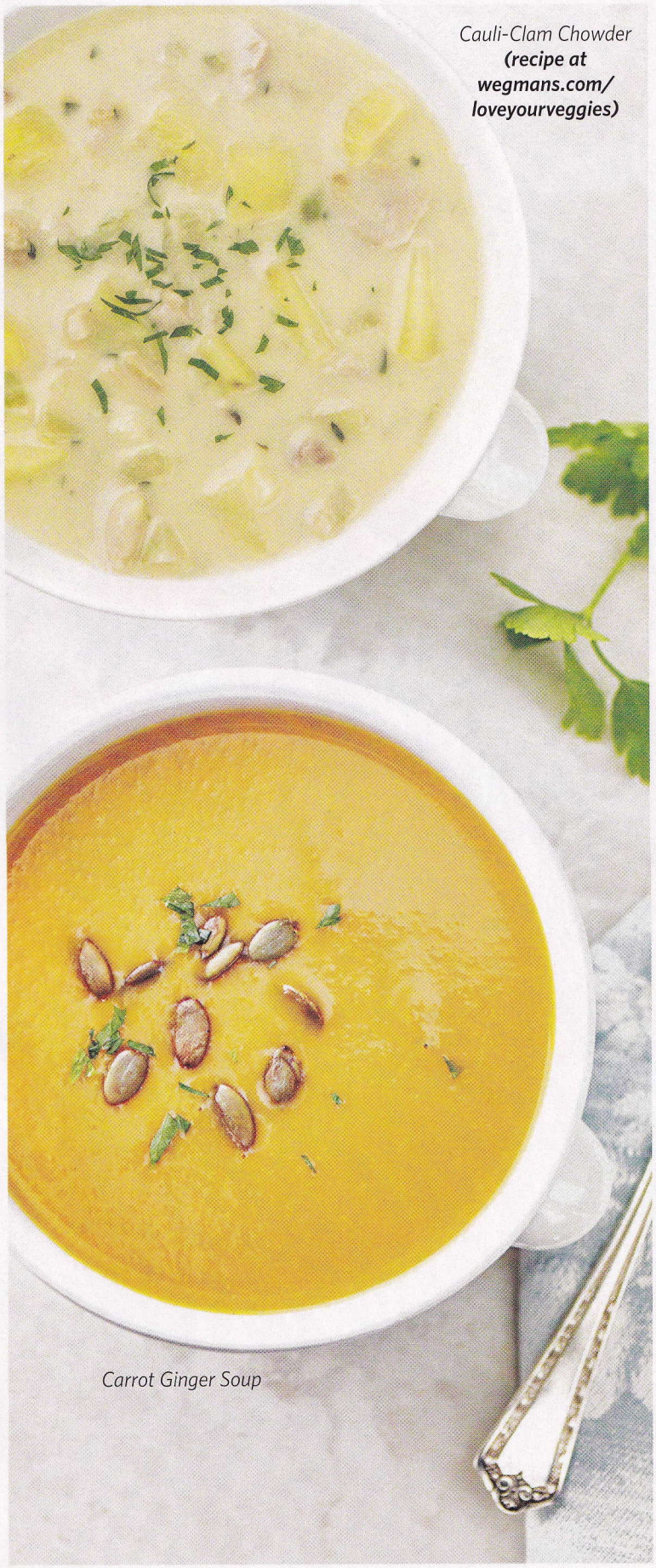
Serves 7: Each serving 1 cup
Time: Total: 30 min Active: 20 min
Calories: 110 per serving

- **1 Tbsp Wegmans Pure Olive Oil**
- **3 cloves *Food You Feel Good About* Cleaned & Cut Peeled Garlic**
- **1 bunch green onions, trimmed, chopped**
- **1 jalapeño, cored, seeded, chopped (wear gloves while handling)**
- **1 container (32 oz) Wegmans Organic Vegetable Broth**
- **1 container (20 oz) *Food You Feel Good About* Zucchini Basil Purée**
- **1 bunch fresh cilantro, chopped**
- **Salt and pepper to taste**
- ***Food You Feel Good About* Sea Salt & Pepper Large Cut Croutons, crushed, for garnish**

Heat oil in large stockpot on MED-HIGH; add garlic, green onions, and jalapeño. Cook, stirring, 3 min.

Add broth and zucchini basil purée; stir to combine. Bring to simmer 1 min. Add cilantro; simmer 2 min. Remove from heat; let cool slightly.

Transfer soup to blender; purée until smooth. Season with salt and pepper. Garnish with crushed croutons.



Cauli-Clam Chowder ***(recipe at wegmans.com/loveyourveggies)***

Carrot Ginger Soup

Carrot Ginger Soup

Serves 8: Each serving: 1 cup
Time: Total: 50 min **Active:** 20 min
Calories: 110 per serving

- **1 Tbsp Wegmans Pure Olive Oil**
- **2 stalks celery, trimmed, chopped (about 1 cup)**
- **1 white onion, peeled, chopped (about 2 cups)**
- **2 Tbsp Gourmet Garden Ginger Stir-In Paste (Produce Dept)**
- **1 container (32 oz) *Food You Feel Good About* Chicken Culinary Stock**
- **1 container (20 oz) *Food You Feel Good About* Carrot Purée**
- **Salt and pepper to taste**
- **Raw pumpkin seeds (Bulk Foods), toasted, for garnish**

Heat oil in large stockpot on MED. Add celery and onions; cook, 10 min, until softened.

Add ginger, stock, and carrot purée; stir to combine. Bring to simmer 30 min; season with salt and pepper. Remove from heat.

Transfer mixture to blender; purée until smooth. Garnish with toasted pumpkin seeds.

Food You Feel Good About Zucchini Basil, Carrot and Cauliflower Purée (Market Café)

Scan these pages with your Wegmans App for more recipes with veggie purées.

Veggie Farro

Serves 8: Each serving 4 oz (about ½ cup)
Time: Total: 50 min **Active:** 5 min

- **1 pkg (8 oz) *Food You Feel Good About* Farro**
- **2 cups water**
- **1 container (8 oz) *Food You Feel Good About* Carrot Purée (or Zucchini Basil Purée or Cauliflower Purée)**
- **1 tsp salt**

Combine farro, water, purée, and salt in saucepan. Bring to boil on HIGH. Reduce heat to LOW; cover. Simmer 35 min.

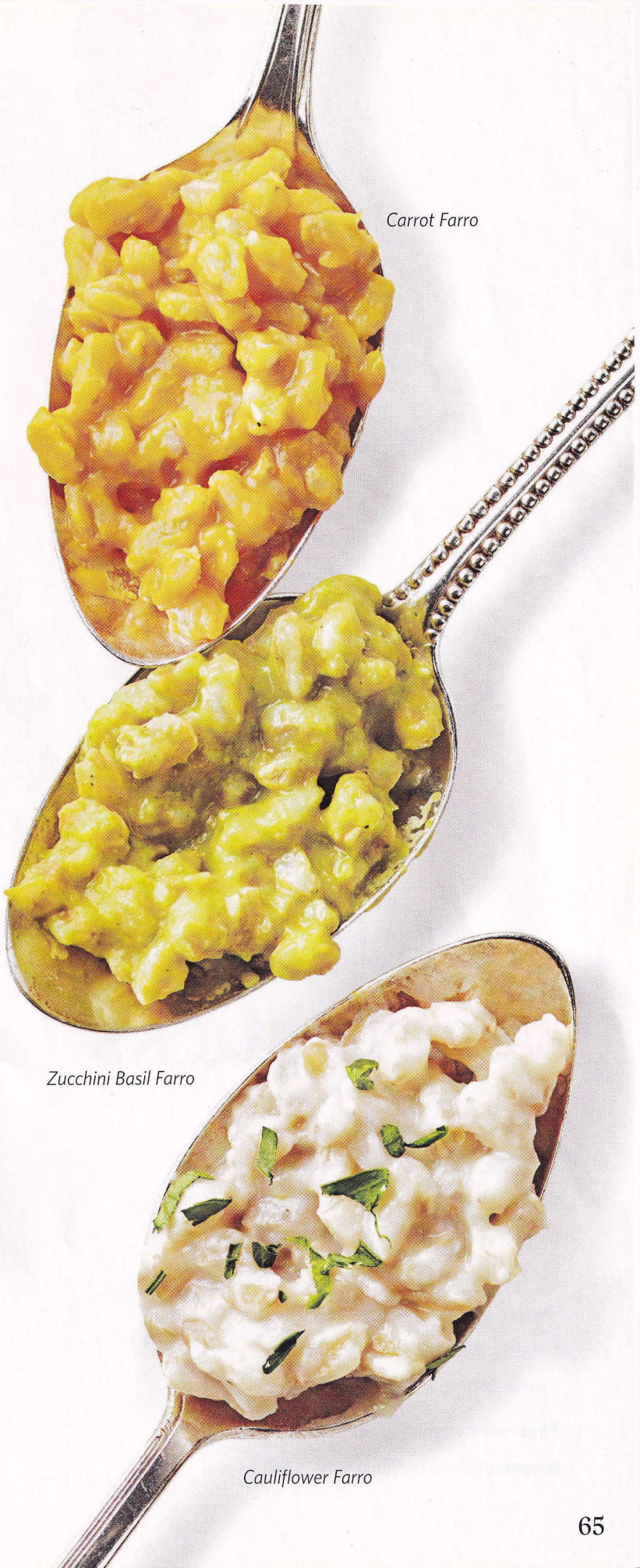
Remove from heat; let stand, covered, 10 min.

Carrot Farro
Calories: 130 per serving

Zucchini Basil Farro
Calories: 110 per serving

Cauliflower Farro
Calories: 110 per serving

Food You Feel Good About Zucchini Basil, Carrot and Cauliflower Purée (Market Café)



Carrot Farro

Zucchini Basil Farro

Cauliflower Farro

new!

veggie sticks

We've got another new way to love your veggies—our crinkle-cut veggie sticks. The fun of fries with the goodness of veggies!

Look for them in our Produce Dept's Fresh Cut Veggies market: Butternut Squash, Beet, Jicama, Zucchini, Sweet Potato, and Carrot.

Find more veggie stick recipes on wegmans.com or Wegmans App

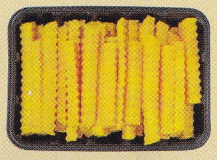
Butternut Squash Sticks with Sage Brown Butter

Serves 4: Each serving 4 oz (about ¾ cup)
Time: Total: 15 min
Calories: 80 per serving

- **1 Tbsp Wegmans Salted Butter**
- **½ Tbsp *Food You Feel Good About* Sage leaves, chopped**
- **1 pkg (1 lb) Wegmans Crinkle-Cut Butternut Squash Sticks**
- **Salt and pepper to taste**

Heat butter in 12-inch cast-iron skillet on MED-HIGH about 3 min until melted and browned.

Add sage and butternut squash sticks; cook, tossing to brown all sides, about 10-12 min. Season with salt and pepper.



Crinkle-Cut Butternut Squash Sticks (Fresh Cut Veggies)

Jicama Sticks

Serves 4: Each serving 4 oz (about 1 cup jicama, about 2 Tbsp dip)
Time: Total: 10 min
Calories: 80 per serving

Dip

- ½ **of an 8 oz container *Food You Feel Good About* Carrot Purée**
- 1 **tsp Chung Jung One Gochujang Korean Chili Sauce**
- 1 **tsp *Asian Classics* Reduced Sodium Soy Sauce**
- 1 **tsp Wegmans Organic 3-Leaf Balsamic Vinegar**

Main

- 1 **pkg (1 lb) Wegmans Crinkle-Cut Jicama Sticks**
- ½ **tsp ground turmeric**
- 1 **tsp Wegmans Orange Ginger Seasoning Shak'r**
- **Juice of ¼ lime (about ½ Tbsp), plus lime slices, for garnish**

Make dip: Combine purée, chili sauce, soy sauce, and balsamic vinegar in small bowl; set aside.

Add jicama sticks, turmeric, orange ginger seasoning, and lime juice to large bowl; toss to combine.

Transfer to serving platter; garnish with lime slices. Serve with dip.

Crinkle-Cut Jicama Sticks (Fresh Cut Veggies)

Carrot Sticks Kimchi-Style

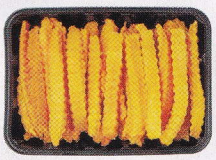
Serves 7: Each serving 4 oz (about 1 cup)
Time: Total: 1 hr, 15 min **Active:** 15 min
Calories: 70 per serving

- **2 cloves *Food You Feel Good About* Cleaned & Cut Peeled Garlic, minced**
- **1 Tbsp peeled, minced fresh ginger**
- **1 Tbsp McCormick Korean-Style Red Pepper Gochugaru**
- **1 Tbsp fish sauce**
- **1 Tbsp water**
- **2 Tbsp *Asian Classics* Reduced Sodium Soy Sauce**
- **5 Tbsp *Food You Feel Good About* Seasoned Rice Vinegar**
- **1 pkg (1 lb) Wegmans Crinkle-Cut Carrot Sticks**
- **2 green onions, trimmed, sliced on bias**
- **½ red onion, peeled, sliced (about 1¼ cups)**
- **1 Tbsp roasted white sesame seeds, plus additional for garnish**

Combine garlic, ginger, red pepper, fish sauce, water, soy sauce, and rice vinegar in large bowl; set aside.

Add carrot sticks to large pot of boiling, salted water. Blanch 1 min; drain. Add to bowl with sauce mixture; toss to combine. Transfer to 9x13-inch dish. Arrange in single layer; chill 1 hr.

Add green onions and red onions to bowl of cold water; soak 1 min. Drain; add more cold water. Soak 1 min; drain. Add green onions, red onions, and sesame seeds to carrot stick mixture; toss to combine. Transfer to serving platter; garnish with sesame seeds.



Crinkle-Cut Carrot Sticks (Fresh Cut Veggies)

veggie rice

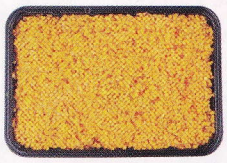
Butternut Squash "Rice" with Sage Brown Butter

Serves 5: Each serving 4 oz (about ½ cup)
Time: Total: 15 min
Calories: 110 per serving

- **1 Tbsp Wegmans Salted Butter**
- **½ Tbsp *Food You Feel Good About* Sage leaves, chopped**
- **1 pkg (1 lb) Wegmans Butternut Squash Rice**
- **Salt and pepper to taste**
- **2 Tbsp Wegmans Pure Maple Syrup**

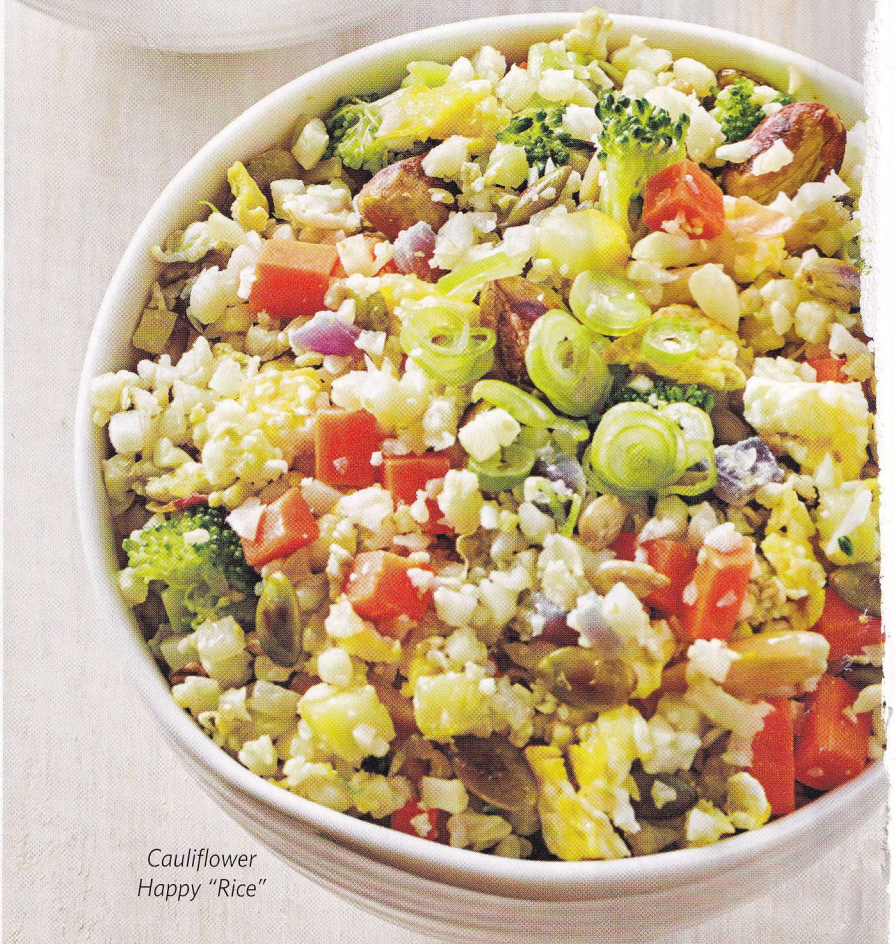
Heat butter in 12-inch cast-iron skillet on MED-HIGH about 3 min until melted and browned.

Add sage and butternut squash rice; cook, stirring occasionally, 5 min. Remove from heat. Season with salt and pepper; stir in maple syrup. Transfer to serving platter.



Butternut Squash Rice (Fresh Cut Veggies)

Butternut Squash "Rice" with Sage Brown Butter



Cauliflower Happy "Rice"

Cauliflower Happy "Rice"

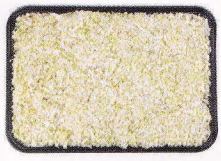
Serves 6: Each serving 4 oz (about ¾ cup)
Time: Total: 25 min
Calories: 100 per serving

- **½ cup chopped *Food You Feel Good About* Cleaned & Cut Broccoli Florets**
- **½ cup peeled, ¼-inch diced Wegmans Organic Carrots**
- **1 Tbsp *Food You Feel Good About* Vegetable Oil, divided**
- **¼ cup peeled, ¼-inch diced red onion**
- **1 *Food You Feel Good About* Large Egg, beaten**
- **1 Tbsp peeled, minced fresh ginger**
- **¼ cup ¼-inch diced zucchini**
- **¼ cup ¼-inch diced yellow squash**
- **1 pkg (1 lb) Wegmans Cauliflower Rice**
- **1 tsp salt**
- **½ tsp ground white pepper**
- **1 tsp sesame oil**
- **2 Tbsp roasted unsalted pistachios (Bulk Foods), shelled**
- **1 Tbsp slivered almonds (Bulk Foods)**
- **1 Tbsp raw pumpkin seeds (Bulk Foods), toasted**
- **1 Tbsp organic raw shelled sunflower seeds (Bulk Foods), toasted**
- **1 Tbsp thinly sliced green onions**

Add broccoli and carrots to stockpot of boiling, salted water; blanch 15 sec. Drain; set aside.

Drizzle vegetable oil around sides of stir-fry pan; tilt to coat evenly. Heat on MED until oil faintly smokes. Add red onion, egg, and ginger; cook, stirring quickly, about 1 min until egg is cooked through. Add zucchini and yellow squash; cook, stirring, 1 min.

Add cauliflower rice; increase heat to HIGH. Cook, stirring, 3 min. Add broccoli, carrots, salt, and pepper; cook, stirring, 1 min. Add sesame oil, pistachios, almonds, pumpkin seeds, sunflower seeds, and green onions; cook, stirring, 1 min. Transfer to serving platter.



Cauliflower Rice
(Fresh Cut Veggies)

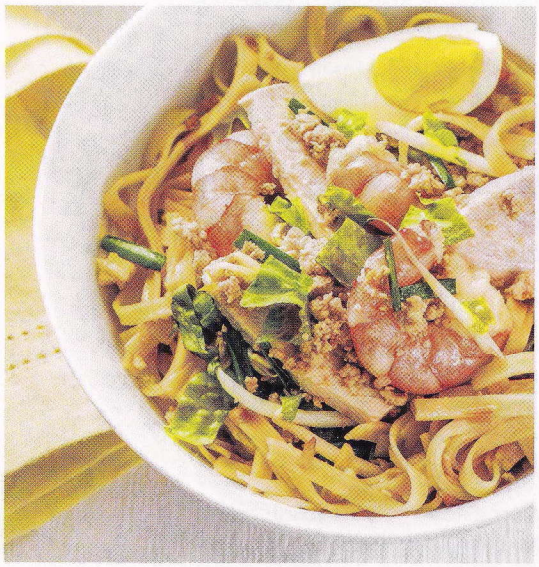
Fried Cauliflower "Rice"

Serves 6: Each serving 4 oz (about ½ cup)
Time: Total: 10 min
Calories: 80 per serving

- **1 Tbsp *Food You Feel Good About* Vegetable Oil**
- **¼ cup *Food You Feel Good About* Chopped Onions**
- **1 *Food You Feel Good About* Large Egg**
- **1 pkg (1 lb) Wegmans Cauliflower Rice**
- **¼ cup *Food You Feel Good About* Just Picked Peas and Carrots (Frozen Foods)**
- **Salt and pepper to taste**
- **¼ cup Wegmans Organic Stir-Fry Sauce**

Heat oil in stir-fry pan on MED-HIGH until oil faintly smokes. Add onion; cook, stirring, about 30 sec until softened. Add egg; cook, stirring quickly, until scrambled.

Add cauliflower rice, peas, and carrots; season with salt and pepper. Cook, stirring, about 5 min. Add stir-fry sauce; cook, stirring, about 1 min to heat through.



sustainable seafood & sushi

Fresh, sustainably sourced seafood is a delicious protein choice for balanced meals.

Black Tiger Shrimp
From Vietnam's coastal mangrove forests

Alpine King Salmon
Sushi made with salmon from pristine New Zealand waters

Wild Sockeye Salmon
Bristol Bay's finest in Ready-to-Cook entrées

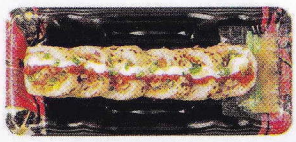
Atlantic Sea Scallops
Oven-ready meals featuring New England's meaty scallops

BLACK TIGER *shrimp*

We're so excited about our NEW Black Tiger Shrimp from family-run farms in Vietnam's mangrove forests. This delicious shrimp is bigger and tastier; it's also grown with no artificial hormones, chemicals or antibiotics and contains no artificial colors, flavors or preservatives.

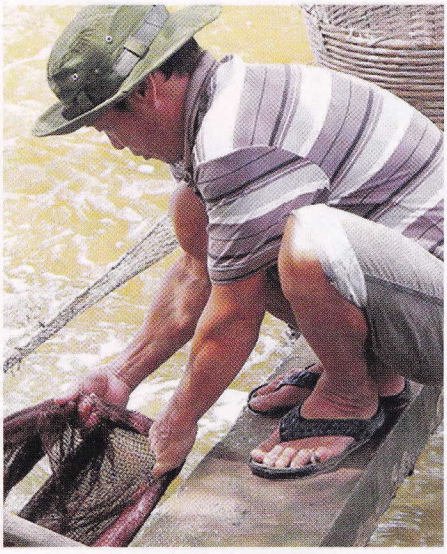
"Shrimp is plentiful in Vietnam, so it's always been important in Vietnamese cuisine and culture," says Wegmans Executive Chef Loi. "We selected Black Tiger shrimp because it's unique." Black Tiger shrimp grows naturally in mangrove forests, eating whatever nature supplies, resulting in distinctively rich flavor. "It has a clean, delicious taste. Very sweet and buttery, but delicate," says Chef Loi. "The texture is just right for our sushi, not too firm, not too soft."

We use this uniquely delicious Black Tiger Shrimp in a selection of sushi items (like our new rolls pictured above), and for our new frozen shrimp which is featured in Chef Loi's authentic Vietnamese recipe on page 77.



new!
Buffalo
Shrimp Roll

new!
Coconut
Shrimp
Dragon Roll

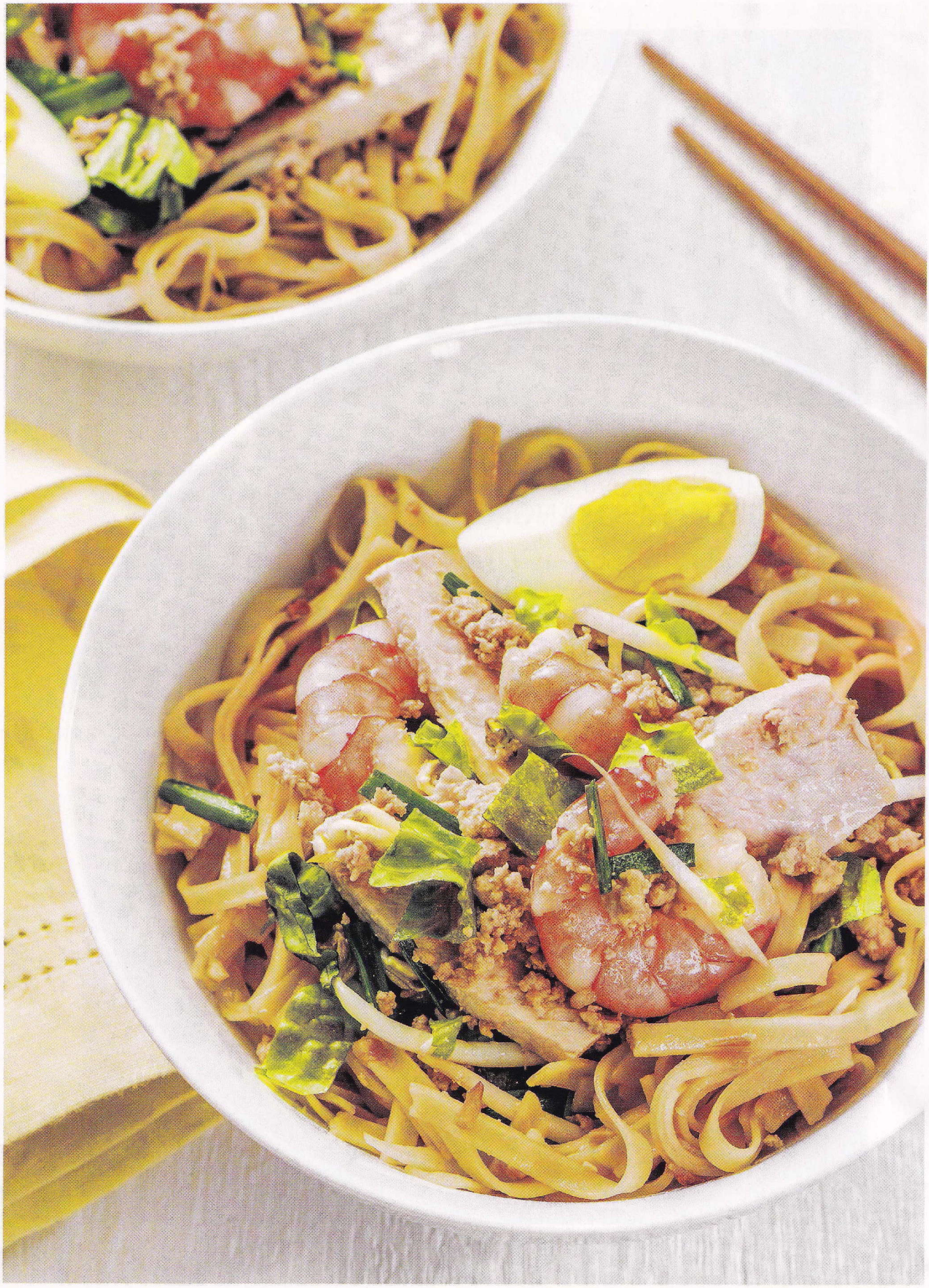


BLACK TIGER SHRIMP
FROM VIETNAM'S MANGROVE FOREST

A few years ago, Vietnam's coastal mangrove forests nearly vanished because of widespread unregulated aquafarming expansion, but a dramatic decline in the shrimp population proved how crucial mangroves are as both food source and habitat for shrimp. Today, the replenished mangrove forests are carefully conserved; shrimp farmers are required to replant 55% of their acreage with mangroves. That's economically and environmentally important to Vietnamese communities—shrimp is the nation's top industry and export. Responsible sustainability efforts like these have **earned our suppliers some of the industry's highest sustainability recognitions**.

new!
Wegmans E.U. Organic Jumbo Raw Peeled & Deveined Shrimp

Mangrove shrubs along coastal canals



I LOVE TO COOK
This recipe has multiple steps & takes 30+ min.

Hu Tieu Kho "Dry Noodles"

Serves: 8 Each serving: 8 oz (about 2 cups)
Time: **Total:** 2 hrs, 50 min **Active:** 50 min
Calories: 380 per serving

- **1 pkg (7.7 oz) Wegmans Organic Brown Rice Noodles**
- **3½ Tbsp *Food You Feel Good About* Canola Oil**
- **3 cloves *Food You Feel Good About* Cleaned & Cut Peeled Garlic, chopped**
- **1 pkg (1 lb) Wegmans Organic Ground Pork**
- **1 tsp fish sauce**
- **1 Tbsp *Food You Feel Good About* Granulated White Sugar**
- **5 Tbsp Kikkoman Gluten-Free Soy Sauce**
- **1 tsp *Food You Feel Good About* Rice Vinegar**
- **1 (about ½ lb) Wegmans Organic Boneless Pork Chop**
- **2 *Food You Feel Good About* Large Eggs**
- **1 pkg (1 lb) Wegmans Organic Jumbo Raw Peeled & Deveined Shrimp, thawed per pkg directions**
- **½ head (about 2½ oz) red leaf lettuce, trimmed, cut in bite-size pieces**
- **2 oz green nira grass (garlic chives), trimmed, cut in ½-inch pieces**
- **1 pkg (8 oz) *Food You Feel Good About* Bean Sprouts**

Soak noodles in cold water 2 hrs.

Add oil and garlic to sauté pan on MED; cook, stirring, about 4 min until browned. Transfer garlic to small bowl with slotted spoon; set aside. Reserve oil in pan. Add ground pork and fish sauce. Cook, stirring, about 3 min until browned and fully cooked. Set aside.

Make crispy garlic sauce: Combine sugar, soy sauce, and rice vinegar in bowl; add half of sautéed garlic. Stir until sugar dissolves. Set aside.

Add pork chop and eggs to large pot boiling, salted water; cook 9 min. Remove eggs; set aside. Cook pork about 1 min further until internal temp reaches 150° (check by inserting thermometer halfway into thickest part of pork). Remove pork from water; rinse with cold water. Transfer pork to cutting board. Return water to boil; add shrimp. Cook 3-4 min until internal temp reaches 130°. Remove shrimp (reserve cooking water); rinse with cold water. Drain; set aside. Thinly slice pork; set aside.

Return water to boil. Drain noodles; add to stockpot. Cook 15 sec; drain. Transfer to large bowl; add remaining sautéed garlic and half of crispy garlic sauce. Toss to combine. Transfer to serving platter. Peel and quarter eggs; transfer to serving platter with noodles.

Add shrimp, ground pork, sliced pork, lettuce, garlic chives, remaining crispy garlic sauce, and bean sprouts to large bowl; toss to combine. Arrange on top noodle mixture.

Meet Chef Loi

Vietnam-born Wegmans Executive Chef Loi Pham has cooked his way across the globe; his passion for learning about the unique flavors of different countries brought him to the United States and Wegmans in 2007. His exquisite artistic sushi, fusion cuisine, and regional Vietnamese dishes (like Hu Tieu Kho at left) are always in high demand at our Next Door restaurant in Rochester, NY.

"Hu Tieu Kho is a very traditional Vietnamese 'street food' dish," says Chef Loi. "It's served for breakfast, lunch or dinner—and it's a perfect showcase for the Organic Black Tiger Shrimp."

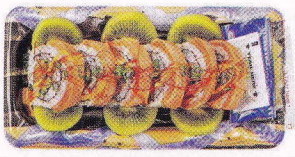
new!
Wegmans Organic Brown Rice Noodles

ALPINE
KING

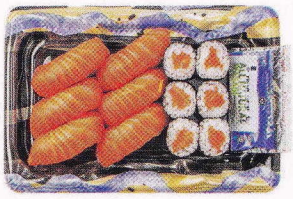
salmon

Get a taste in our sushi!

Because the salmon is grown in New Zealand's fresh Alpine waters, it has a milder, sweeter, cleaner flavor that's buttery. That buttery flavor and velvety texture makes it perfect for our sushi—in fact, all our salmon sushi is made with Alpine King Salmon.



Kiwi
King Salmon
Roll



King
Salmon
Combo

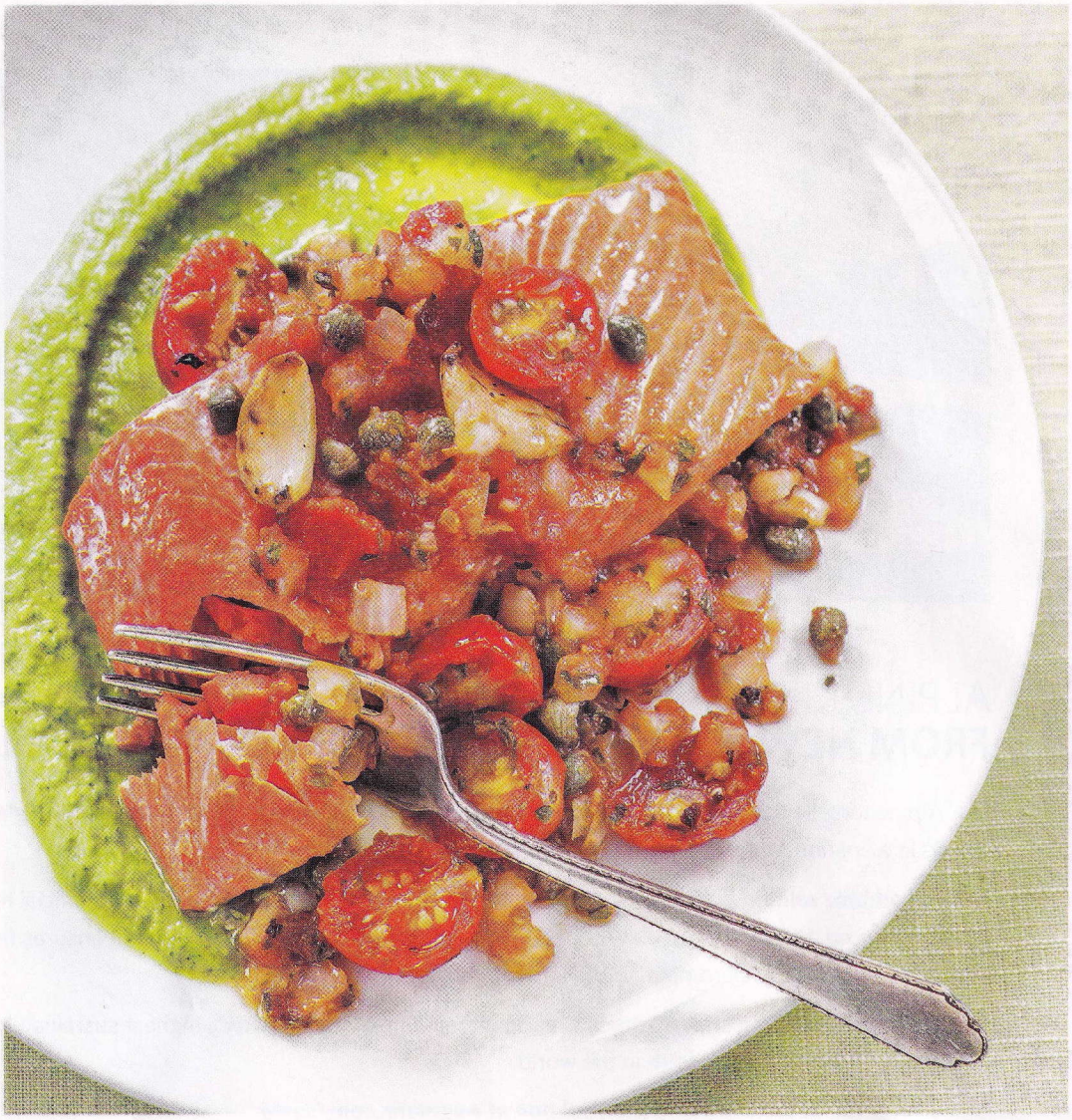
ALPINE KING SALMON
FROM NEW ZEALAND'S PRISTINE ALPINE WATERS

Our Alpine King Salmon is harvested just for us from some of **the planet's cleanest waters—glacier-fed canals** in a pristine, isolated area in New Zealand's Southern Alps.

This remarkable salmon is not only delicious, it's free from antibiotics, chemicals, and artificial hormones and contains no artificial colors, flavors or preservatives. Feeding the salmon by hand ensures feeding amounts and timing will promote natural growth for great taste and texture.

The aquafarm's exacting stewardship has earned them one of the industry's highest sustainability recognitions for any salmon farm in the world.

Learn more about New Zealand King Salmon at wegmans.com/sushi



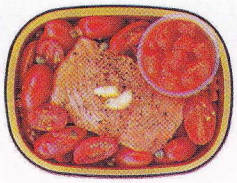
Ready-to-Cook Food You Feel Good About Wild Salmon with Tomatoes & Capers with Zucchini Basil Purée

WILD SOCKEYE

salmon

The world's largest sustainable sockeye salmon fishing grounds are in the pure waters of Bristol Bay, Alaska. There, our supplier-partner Favco depends on **small, family-run dayboats** to harvest their quota of salmon during the brief salmon run.

For the off season, the whole fish are immediately flash-frozen and only thawed when Wegmans places an order. It's then slowly thawed for 18 hours in recirculating water to protect the **fresh-caught taste, texture, and nutrition**. Within 48 hours, the intensely flavorful, ruby-red wild salmon is air-shipped to our stores, where our chefs portion and prep it for our select Ready-to-Cook entrées. Also available at our Seafood Dept's service case.



Ready-to-Cook
Food You Feel Good About Wild Salmon with Tomatoes & Capers

Ready-to-Cook Food You Feel Good About Scallops with Carrot Purée and Asparagus

Ready-to-Cook Food You Feel Good About New England Scallops Bake with Seasoned Green Beans

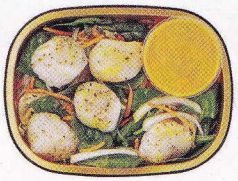
ATLANTIC SEA *scallops*

Jason and Scott Hutchens of Raw Seafoods of Fall River, MA, have partnered with Wegmans for over a decade, supplying plump, **delicious Atlantic sea scallops** from the carefully managed US East Coast scallop fishery that extends from Maine to North Carolina.

"Sustainability has always been very important to us," says Jason. "Rotating harvest areas to protect the beds of maturing scallops, using catch methods that hinder bycatch and protect the environment, adhering to strict harvest limits—that's all part of how we make sure the next generation will enjoy these great scallops."

The Hutchens brothers send us the best of their catch from their docks **to our stores in 36 hours or less**, 5 days a week.

We only sell "dry" scallops; firm, meaty scallops that are always chemical-free, so they're naturally delicious and sweet. Enjoy them in these Ready-to-Cook options or pick up some at our Seafood Dept's service case.



Ready-to-Cook *Food You Feel Good About* Scallops with Carrot Purée

Ready-to-Cook *Food You Feel Good About* New England Scallops Bake

Bring BelGioioso to Your Table

Handcrafted for taste and quality by our Master Cheesemakers, each variety is carefully produced using only traditional Italian cheesemaking and aging methods. Whether serving as part of a cheeseboard or topping your favorite recipe, you will taste the difference BelGioioso cheeses bring to your table.

rBST Free* | Gluten Free | Award Winning | Crafted in Wisconsin

**No significant difference has been found in milk from cows treated with artificial hormones.*

CLASSIC ITALIAN CHEESES MADE IN THE U.S.A. · FORMAGGI CLASSICI ITALIANI FATTI IN AMERICA · SAY BEL-JOY-OSO

BELGIOIOSO

belgioioso.com

La Bottega DI BELGIOIOSO

savorlabottega.com

Wegmans Organic

Fruit Delight

2% GREEK YOGURT

Organic 2% Greek yogurt bursting with organic fresh fruit taste. 3x the fruit, 20% less sugar!*

Also available in Raspberry, Peach, Mango, & Apple

*Compared to our Wegmans 0% Fat Organic Greek Yogurt

Organic
Strawberry
FRUIT DELIGHT

Wegmans
Organic
PROBIOTIC
Kefir
cultured low fat milk smoothie
Vitamin A & D
Black Cherry
GLUTEN FREE
12 live & active kefir cultures
USDA ORGANIC
Lactose Free
Grade A
KEEP REFRIGERATED
32 FL OZ
(1QT) 946mL

simple wholesome foods

To help you make good food choices, follow our "Basics of Healthy Eating" which outline a variety of foods known to support health. Beneficial foods like whole grains, fruits, veggies, nuts, and yogurt may provide benefits that go beyond basic nutrition. Components such as natural nutrients, probiotics, and fiber help support your immune system and fight inflammation. This section helps you find easy ways to add good-for-you foods throughout the day.

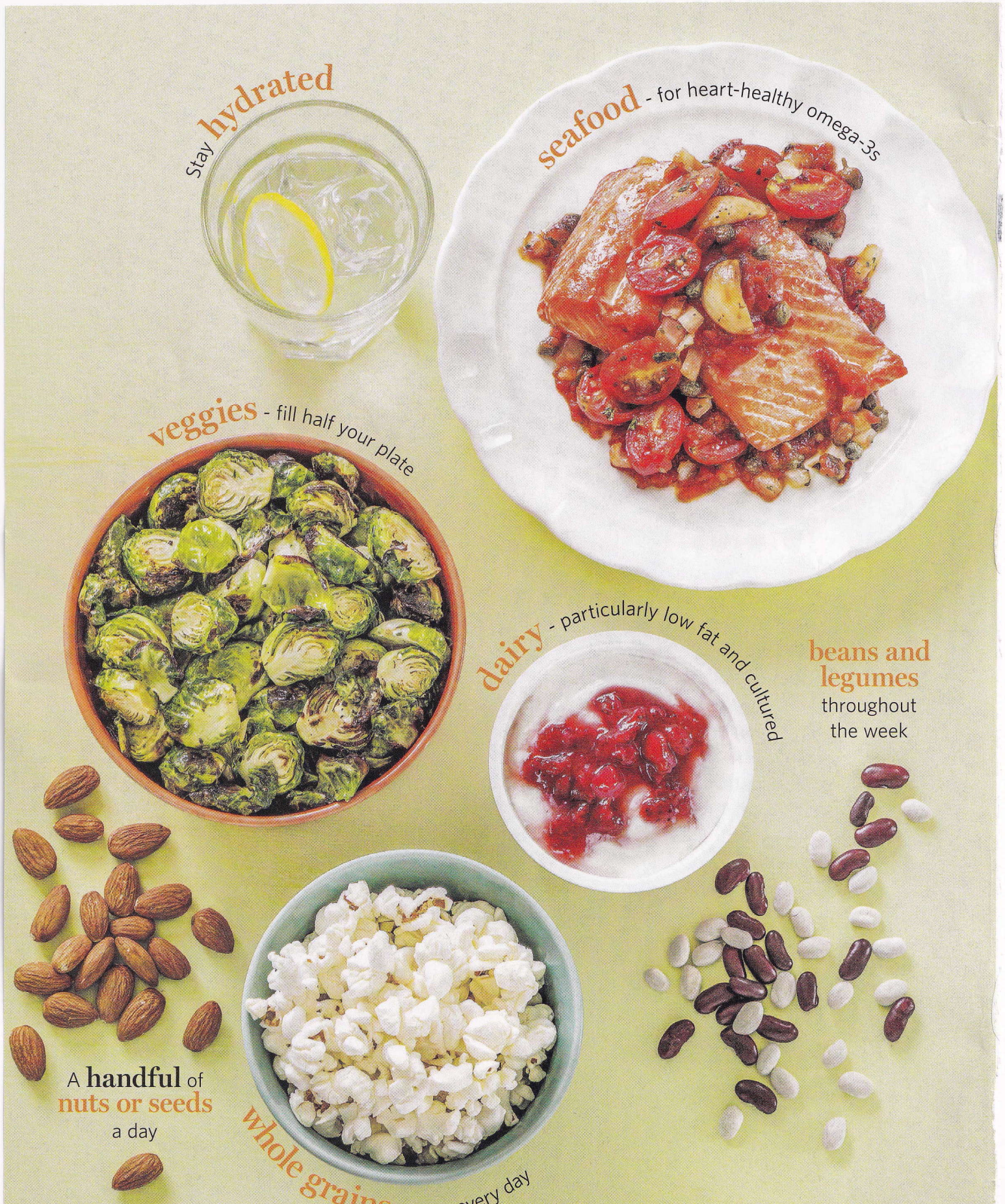
Feel Your Best
Feeling your best starts with what you eat

Probiotics
Immune system support from cultured dairy items

Smoothies
Add nuts & seeds for extra protein and fiber

Smart Snacking
Fresh, fun foods with bonus benefits

Slow-Cooked Irish Oats
6-way Instant Pot cooker makes it easy


Stay hydrated
seafood - for heart-healthy omega-3s
veggies - fill half your plate
dairy - particularly low fat and cultured
beans and legumes throughout the week
A handful of nuts or seeds a day
whole grains - enjoy every day

feel your best

Enjoying a balanced variety of flavorful foods in healthy portions—that's the way to live a healthier, better life through food. An easy way to start is **half-plate healthy**, just fill half your plate with fruits and veggies, and half with anything else. These good food choices do more than nourish your family—they can actually fight inflammation, the first step towards many health problems.

The right foods can provide steady support to keep blood vessels, immune and nervous systems, and your digestive system working as they should.

Follow our Basics of Healthy Eating below to bring delicious, good-for-you meals to your family dinner table.

The Basics of Healthy Eating

Keep meals mostly plant-based—start with a half-plate of fruits and veggies and add:

- **Whole grains**
- **Nuts & seeds**
- **Beans & legumes**
- **Liquid oils** (especially extra virgin olive oil)

Then add additional variety and balance with:

- **Dairy** - particularly low fat and cultured
- **Seafood** - look for more omega-3s
- **Eggs** (with omega-3s) and poultry
- **Red & processed meats** (limited portions)

Feeling your best starts with what you eat

For more information, visit wegmans.com/feelyourbest

Super Yogurt

Our newly reformulated Super Yogurt with 25-35% less sugar (depending on variety) contains over 1 billion live, active probiotic cultures per serving that work to protect the digestive system from inflammation.

Kefir

Thick and creamy like a milkshake, this tangy, slightly effervescent beverage has billions of live probiotic cultures with great anti-inflammatory benefits.

creamy and nutritious

Cultured dairy products, like yogurt and kefir, are a creamy, delicious way to support digestive and immune health. Probiotics in many of these products are active, beneficial bacteria that may protect your digestive system from inflammation and help produce vital nutrients. Two of our most popular yogurts have significantly less sugar than standard yogurts!

For more information on our organic yogurts, visit wegmans.com/fruitdelight.

new!
Fruit Delight Greek Yogurt

Organic 2% Greek yogurt bursting with organic fresh fruit taste—3X the fruit and 20% less sugar*. Available in Peach, Apple, Mango, Raspberry, and Strawberry.

*Compared to our Wegmans 0% Fat Organic Greek Yogurt

day-starter smoothies

Give your morning smoothie a power boost! Adding nuts and seeds to creamy, delicious smoothies adds a punch of protein and fiber. Chia & flax seeds are an easy way to add anti-inflammatory omega-3s, too; enjoy them in smoothies, or try our unique Chia Pudding **(recipe at wegmans.com).**

Green Smoothie with Protein and Almonds
Spinach makes this smoothie a beautiful green color; it's sweetened by pineapple, apple, bananas, and coconut water. Protein powder, almonds, flaxseed, and chia seeds power it up.

Red Rooster Smoothie
Raspberries, apple, banana, and beets give this yogurt-almondmilk smoothie fruity flavor and rich red color; almonds, flaxseed, and chia seeds add healthy benefits.

Organic Peanut Butter Banana Smoothie
A thick, creamy combo of vanilla almondmilk, bananas, peanut butter, wildflower honey, and black chia seeds.

Find these smoothie recipes at wegmans.com or Wegmans App, or get them fresh-made and ready to enjoy from our Produce Department.

Wegmans
Food You Feel Good About
WHOLESUM
DARK CHOCOLATE NUTS & SEA SALT
gluten free
cheese
BELGIOIOSO
FRESH MOZZARELLA
70 Calorie Snack
Ingredients: Pasteurized milk, vinegar, enzymes, salt.
nuts
ALMOND & COCONUT
fruit & cheese
OPEN HERE
240 CALORIES
1.5g SAT FAT
0% DV
0mg SODIUM
0% DV
2g SUGARS
PER 1 PACKAGE (42g)
RAW
ALMONDS
GLUTEN FREE
LACTOSE FREE
VEGAN
HEART HEALTHY
Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. See nutrition information for fat content.
NET WT 1.5 OZ (42g)

smart snacking

Keep an assortment of healthy snacks in your pantry or fridge to enjoy nutritional benefits and great taste. The delicious options shown here are made with no artificial colors, flavors or preservatives and they're all under 300 calories!

Food You Feel Good About
Apples, Grapes, Cheese Bites Packaged Snacks
180 calories | 6g protein per pkg.
Just one of 4 great fruit + veggies + cheese options.

BelGioioso Fresh Mozzarella Snacking Cheese
70 calories | 5g protein each.
Try BelGioioso's Fontina and Parmesan options, too!

Food You Feel Good About
Raw Almonds
240 calories | 9g protein per 1.5 oz package (Also available salted.)

Wegmans Organic Himalayan Salt Popcorn
35 calories | 1g protein per 1 cup
1 whole grain serving per 3 cups
Research shows inflammation tends to be lower in those who eat whole grain foods.

Food You Feel Good About
Mini Sweet Peppers
25 calories | 1g protein per 3 peppers.
Great with *Food You Feel Good About* Hummus Snack Packs (130 calories, 5g protein per 2 oz container)

Food You Feel Good About
Dark Chocolate Nuts & Sea Salt Wholesum Bars
230 calories | 6g protein per 1.4oz bar.
Try Dark Chocolate Cherry Cashew, Peanut Butter Dark Chocolate, Cranberry Almond, and Almond & Coconut, too!

whole grains

CLOSE
OPEN
Instant Pot®
IP-LUX
www.InstantPot.com
Soup/Broth
Meat/Stew
Cake
Egg
Sauté
Rice
Multigrain
Porridge
Steam
Slow Cook
Less | Normal | More
Adjust
Delay Start
Manual
Keep Warm /Cancel

6 kitchen tools IN ONE

Set and forget this hardworking programmable appliance that takes the place of a slow-cooker, pressure cooker, rice-maker, steamer, sauté pan, and warming pot!

To enjoy **Slow-Cooked Irish Oats** in the morning without any fuss, just add ingredients to the Instant Pot the night before and set the timer. Your hot, hearty breakfast is ready and waiting! The Instant Pot keeps oats warm and delicious for both early- and late-risers.

Also great for Pressure-Cooked Farro with Lemon & Artichokes and other pressure-cooked or slow-cooked recipes on wegmans.com.

Slow-Cooked Irish Oats

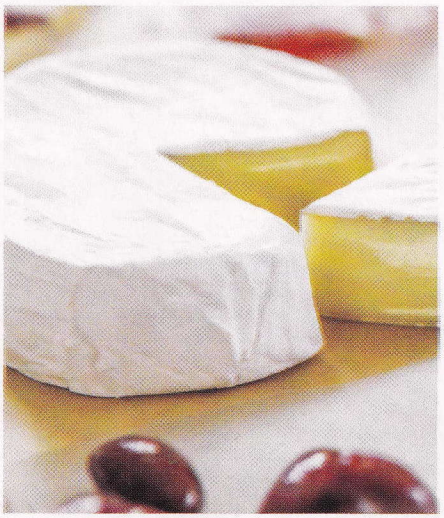
Serves 8: Each serving 6 oz (about ½ cup oats with toppings)
Time: Total: 5 hrs, 10 min on LOW
Active: 10 min
Calories: 270 per serving

- **1 cup Wegmans Organic Steel Cut Oats**
- **5 cups *Food You Feel Good About* 100% Apple Juice**
- **½ cup *Food You Feel Good About* Seedless Raisins**
- **6 Wegmans Unsweetened Dried Apricots, ¼-inch dice (about ¼ cup)**
- **½ cup *Food You Feel Good About* Sweetened Dried Cranberries**
- **1 cup Wegmans Organic Mixed Berries**
- **½ cup chopped pecan halves & pieces (Bulk Foods)**

Add oats, apple juice, raisins, dried apricots, and cranberries to slow cooker.

Cover; cook 5-5½ hours on LOW. (If using the Instant Pot, select the **Slow Cook** program, adjust to the **Less** mode, and set the cook time.)

Top with berries and pecans.



passion for food

Exceptional foods and beverages add zest to gatherings of family and friends.

Seasonal Beverages
New York-brewed Ommegang beers, select wines, & special spirits

From our Cheese Caves
New Got Your Goat Brie

Hearty Organic Breads
Our easy avocado toast inspiration

Chocolate Power
Artisan chocolates and treats

2014 Grilos Dão Reserva Red Blend

A blend of Aragonéz, Touriga Nacional, and Jaén. Rich, spicy and densely textured with concentrated black fruits.

Louis Jadot Couvent des Jacobins Pinot Noir

Made from 100% Pinot Noir grapes. A youthful wine with red fruit aromas and subtle spices. Very well-balanced with a supple finish.

Covalli Dolcetto D'Alba

This DOCG classified wine has a delicate floral bouquet followed by cherry and raspberry flavors. It is full-bodied and dry with a persistent and fruity finish.

wines we love

We've hand-picked our top-rated wines because of their superior quality at incredible prices! You'll find perfect pairings for winter meals right here.

Bixby Creek Bridge Napa Valley Sauvignon Blanc

100% Sauvignon Blanc. Aromas of ripe grapefruit, tangerine and gardenia. Crisp and intense flavors of honeydew melon and kumquat precede a long, tropical finish.

Chateau Mazetier Red Bordeaux

Made primarily from Merlot and Cabernet Sauvignon. Aromas of dark cherry and ripe raspberry. On the palate, more dark cherry and silky lavender fill the mouth with a light mineral presence and a soft, elegant finish.

Louis Latour Bourgogne Chardonnay Cuvee Latour

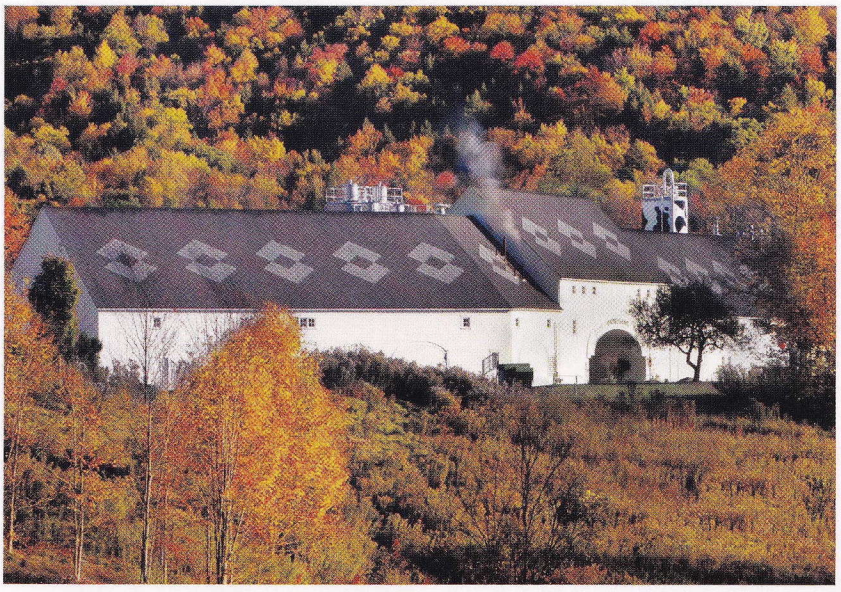
100% Chardonnay grapes harvested from the villages of Puligny Montrachet, Chassagne Montrachet, Meursault, and Montagny. A fresh and floral honeysuckle nose. Perfectly balanced, this wine is round with beautiful notes of almonds.

WINE RATING: W—WEGMANS, WE—WINE ENTHUSIAST

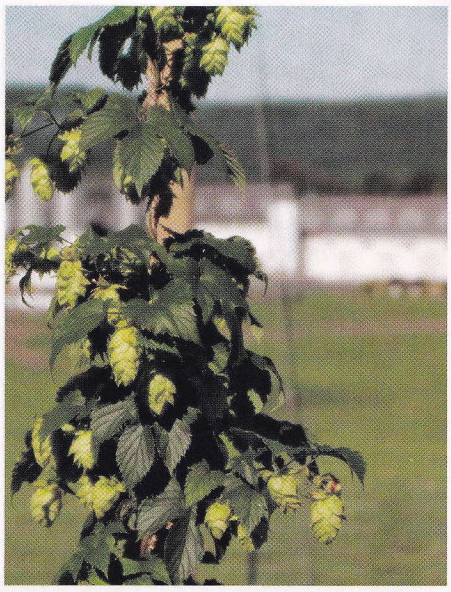
Available at these wine stores-New York: Century Liquor & Wines, Liquor City, Johnson City Liquor & Wine. Massachusetts: All Wegmans stores. Maryland: Hunt Valley Wine, Liquor & Beer. New Jersey: Wegmans Bridgewater, Wegmans Cherry Hill, Wegmans Hanover, Wegmans Manalapan, Wegmans Montvale, Wegmans Mt Laurel, Wegmans Ocean, Wegmans Princeton, Wegmans Woodbridge. Virginia: All Wegmans stores. Some stores are individually owned and operated, and are not part of a chain or cooperative buying group. Prices and product availability may vary among stores.

BREWERY OMMEGANG
EST. COOPERSTOWN N.Y.

brewed in New York



Brewery Ommegang, Cooperstown, NY



Hops on the vine at Ommegang

well balanced, well blended beer

Halfway through his college chemistry degree, **Phil Leinhart** took a left turn and wound up brewing beers. In fact, his fascination with science—microbiology in particular—made him the perfect brewmaster for **Ommegang's classic Belgian-style beers**. "Belgian beers traditionally build flavor and character by adjusting classic European recipes and techniques, not by adding quirky ingredients," says Phil. "The key is nuanced balance and careful blending."

Food-friendly beers that taste like beer

"I'm an old-school brewer," says Phil. "I think you really can't improve on some of the classic styles; we use them as foundations. Our innovation goal is to make consistently **well-balanced, well-blended beers that are drinkable, simple and elegant**. I just like beer that tastes and smells like beer!"

Phil says the food-friendliness of Belgian brews is built in. "Our brews go with a huge variety of foods. They don't compete for your palate's attention," he says. "They just make meals more enjoyable."

Not surprisingly, Phil loves his craft. "The chance to be able to take something and say we created it," he says, "that's a really cool aspect of our work. It's one of the reasons we like partnering with Wegmans. We're both offering delicious products we believe customers are going to really enjoy."

"The key is nuanced balance and careful blending"

Three Philosophers: Savor the aromas and flavors of roasted malt, dark fruits, vanilla, cherry, coffee, currants, brandied raisins, and chocolate and the dry, warm, wine-like finish. **9.7% ABV**

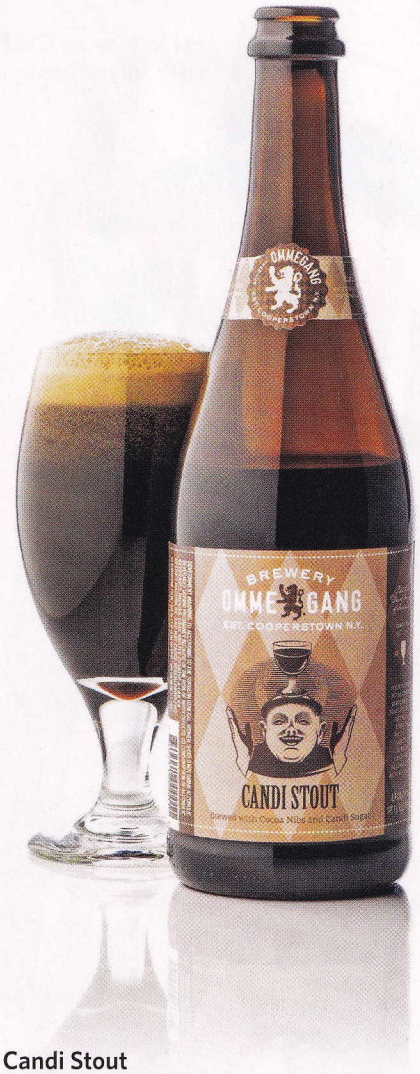
Hennepin Saison Ale: Spicy and refreshing, the ale is moderately hoppy with a sparkling effervescence. It's crisp and light with bountiful flavors of ginger, spice, orange, and toasted grain. **7.7% ABV**

Rare Vos Amber Ale: Brewed with sweet orange peel, grains of paradise, and coriander, this unique ale has orange blossom/spice aromas, a slight caramel maltiness, and dry, fruity-herbal, spice flavors. **6.5% ABV**

Rosetta: This well-balanced blend of 3 year-cherry-aged brown ale and lively cherry beer (kriek) has mildly tart flavors of cherries and red berries with a tart finish. **5.6% ABV**

Witte Wheat Ale: A classic Belgian white ale with subtle, less sweet clove-spiced notes with lemon and sweet orange; pleasantly balanced with a dry, crisp finish. **5.2% ABV**

Pale Sour Ale: The elegant, balanced interplay of sweet and sour in this delicate-bodied ale offers a drinking experience like a fine white wine. **6.9% ABV**



Candi Stout

Brewed with an array of grains and Belgian candi sugar (helps create smooth, light body), this dark, gently hopped stout has a mild roastiness, a hint of Belgian yeast spiciness, and flavors of dark chocolate and cocoa. **6.9% ABV**

warm up YOUR WINTER

Redemption Bourbon

The classic sweet taste in this Indiana-made bourbon comes from high amounts of corn while the rye adds light spicy notes. Aging it at least 2 years in new charred oak barrels gives this amber liquor delicious vanilla and caramel hints.

Perfect for an **Old Fashioned cocktail** (recipe on wegmans.com)

Old Fashioned

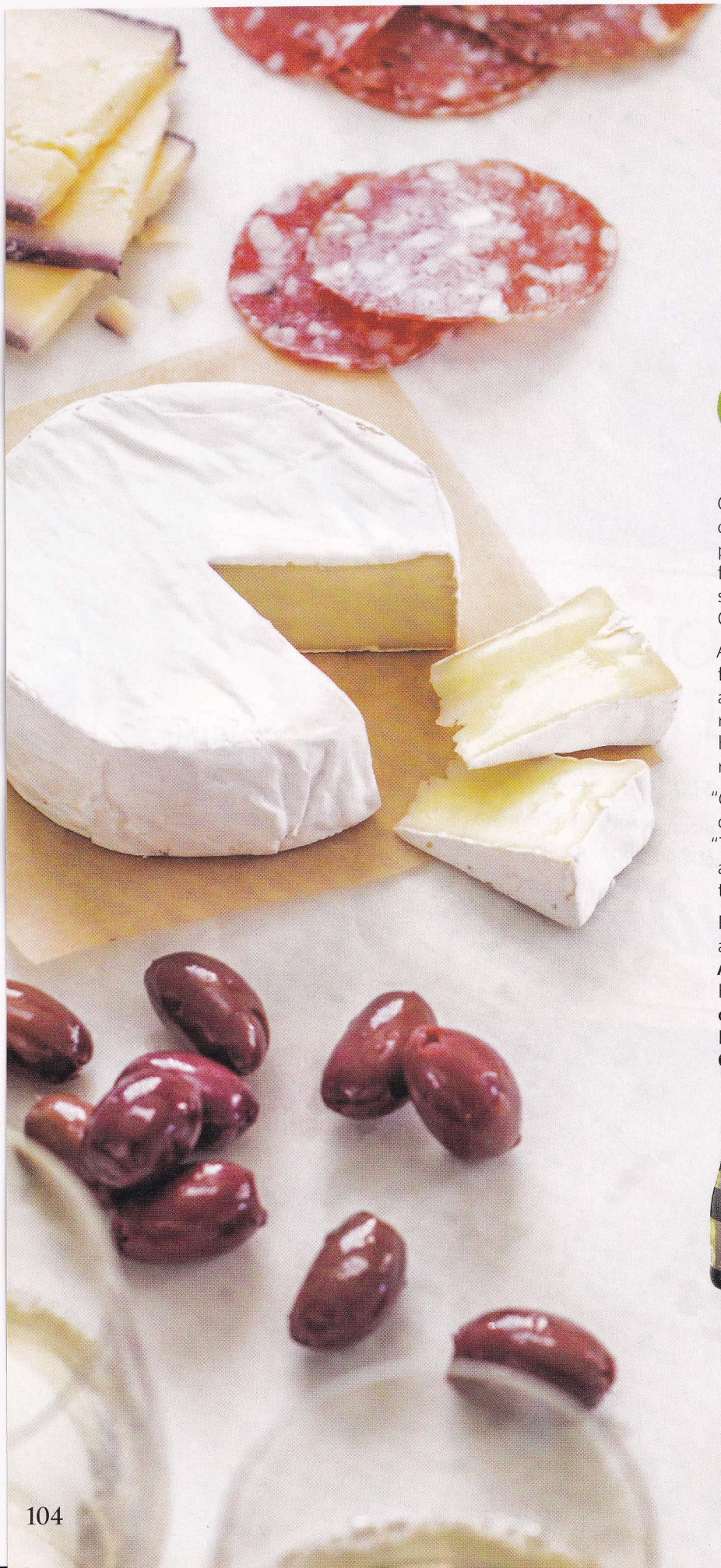
Tincup American Whiskey

There's a bold blend of Indiana "high rye" bourbon, Colorado single-malt whiskey, and Rocky Mountain water in this unique artisan spirit. It's Colorado-crafted, then aged in Indiana a minimum of 4 years in American white oak barrels with a #3 char for smooth, clean flavor.

Perfect for a **Colorado Sidecar cocktail** (recipe on wegmans.com)

Available at these wine stores—New York: Century Liquor & Wines, Liquor City, Johnson City Liquor & Wine. New Jersey: Wegmans Bridgewater, Wegmans Cherry Hill, Wegmans Hanover, Wegmans Manalapan, Wegmans Montvale, Wegmans Mt. Laurel, Wegmans Ocean, Wegmans Princeton, Wegmans Woodbridge. Massachusetts: Wegmans Burlington, Wegmans Chestnut Hill, Wegmans Northborough, Wegmans Medford. Maryland: Hunt Valley Wine, Liquor & Beer. Some stores are individually owned and operated, and are not part of a chain or cooperative buying group. Prices and product availability may vary among stores.

ALL YOU'LL NEED
ARE THE WORDS
We've got everything else to help make your Valentine's Day special
Choose from a wide variety of freshly made, beautiful arrangements and plants in our Floral Department,
or pre-order your custom bouquet. Don't forget the cards, candy or special dinner and dessert!
Wegmans



got your goat brie

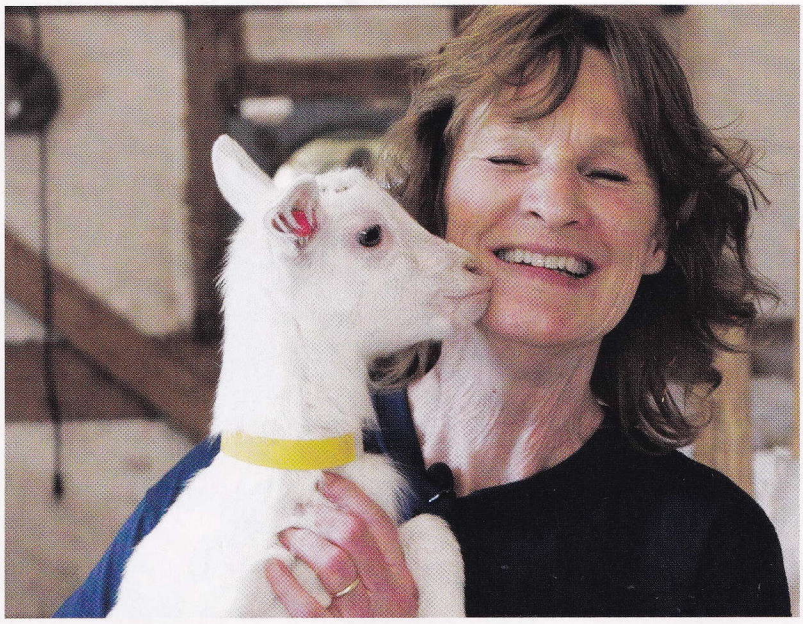
Creamy texture and delicate flavor make our ***Got Your Goat Brie*** a real crowd-pleaser. "It has a very mild goat milk flavor and creamy, smooth texture," says Mat Callol, our Affineur (Cheese Cave and Ripening Expert).

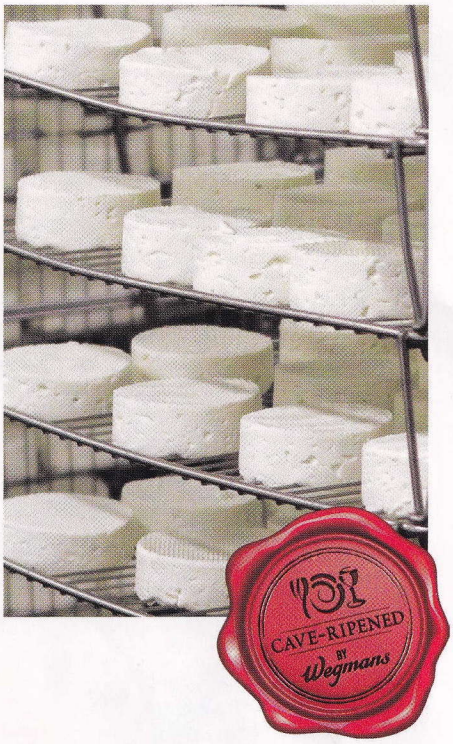
After aging 44 days, the cheeses go from Montchevre to our Cheese Caves and on to our Cheese Shops, perfectly ripe and ready to enjoy. Our team is happy to help you select one that's just right for tonight or this weekend.

"*Got Your Goat Brie* is so delicate and creamy everyone will love it," says Mat. "The soft white rind is perfectly edible and adds a wonderful mushroomy note to the subtle goat milk flavor."

Pair this soft-ripened goat brie with a hard-pressed cheese such as **Artigiano Vino Rosso**, accompanied by **Columbus Felino Salami**, **Kalamata olives**, baguette slices, **Bixby Creek Bridge Napa Valley Sauvignon Blanc** or **Ommegang Three Philosophers Beer.**

Ommegang
Three Philosophers
Beer





HANDCRAFTED GOAT BRIE
FROM MONTCHEVRE HERITAGE CREAMERY, WISCONSIN

This unique brie is **hand-crafted in Wisconsin** by our artisan partners at Montchevre, the nation's leading goat cheese producer. Montchevre's 4th-generation cheesemaker, Jean Rossard, crafts *Got Your Goat Brie* from **fresh goat's milk** from local family dairies using traditional French brie-making methods.

Learn more at wegmans.com/cheesecaves.

Avocado Toast made with Organic Sprouted Multigrain Sandwich Bread

Wegmans Organic

baked with care

IN OUR ROCHESTER, NY BAKESHOP

Enjoy our hearty organic breads in sandwiches and toasted for breakfast.

Organic Sprouted Multigrain Sandwich Bread

A robust blend of 12 sprouted grains and seeds with a delicately nutty flavor.

Per slice:
5g protein | 3g fiber | 3g sugar | 1 whole grain

Try it in Avocado Toast:
Spread toasted Sprouted Multigrain Sandwich Bread with smashed fully ripe avocado, top with soft-boiled egg slices, then drizzle with *Food You Feel Good About* Spicy Green Sriracha Sauce. Season to taste and enjoy.

Organic 27 Grains and Seeds Sandwich Bread

This rustic loaf has a hearty flavor and texture; made with ancient grains and lightly sweetened.

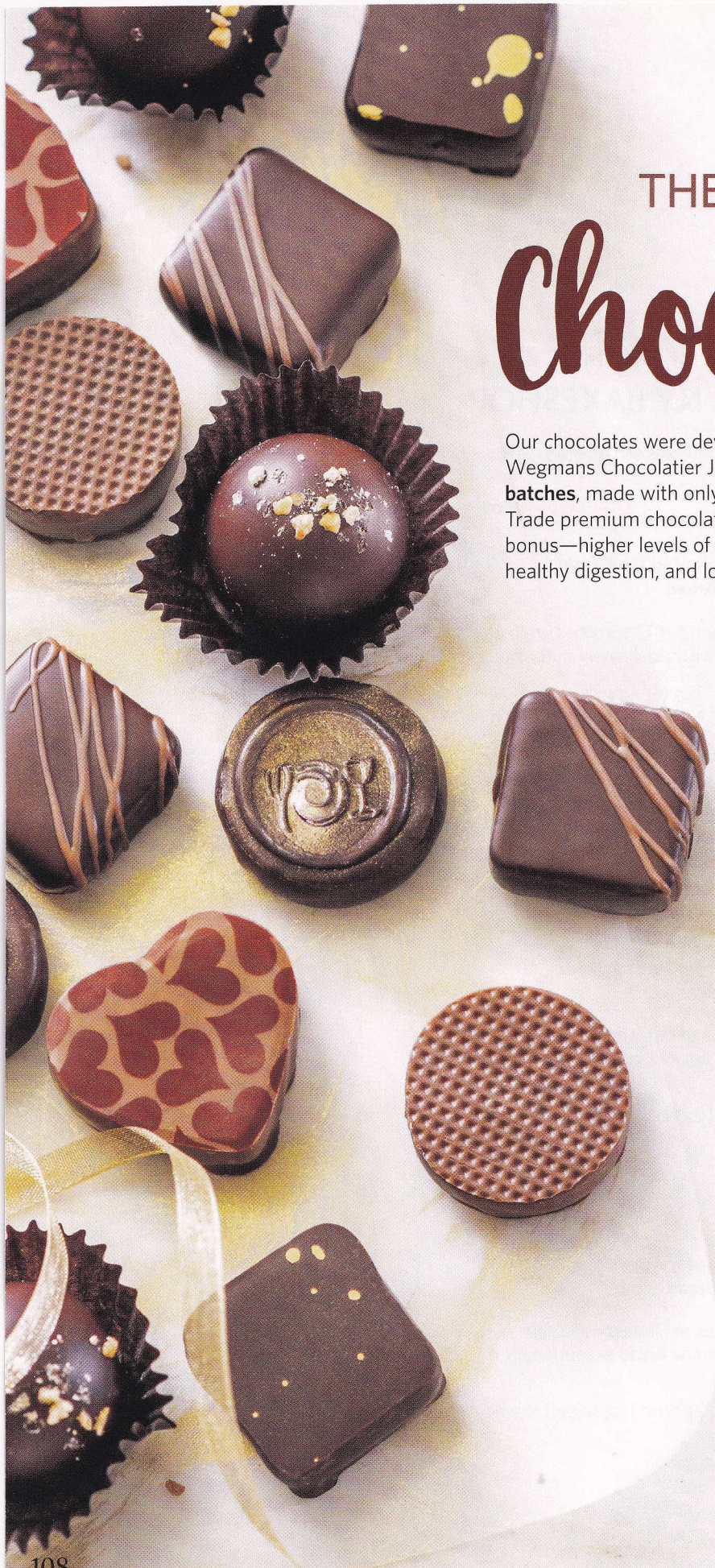
Per slice:
4g protein | 2g fiber | 3g sugar | ½ whole grain

new!

Organic Honeycrisp Apple Breakfast Bread

Sweet pieces of Honeycrisp apple, nutty whole oats, and oat flour make this moist bread exceptionally delicious when toasted.

Per slice:
6g protein | 2g fiber | 6g sugar | ½ whole grain



THE POWER OF Chocolate

Our chocolates were developed especially for true chocolate lovers by Wegmans Chocolatier John Antinore. They're **handcrafted in small batches**, made with only the finest, freshest ingredients, like Fair Trade premium chocolate. And chocolate has an unexpected nutrition bonus—higher levels of cacao may help fight inflammation, support healthy digestion, and lower blood pressure!

new! Wegmans Chocolate Assortment

Fresh butter, premium chocolate, heavy cream, real fruit purées, and caramel—that's what makes these artisan chocolates exceptional.

Milk Chocolate | 36% Cacao
Filled with milk chocolate ganache; waffle pattern.

Caramel | 61% Cacao
Filled with caramel; dark chocolate striped with milk chocolate.

Passion Fruit | 36% Cacao
Filled with Passion fruit ganache; designed with red hearts.

Dark Chocolate | 61% Cacao
Filled with dark chocolate ganache; stamped with the Wegmans logo.

Hazelnut Praline | 61% Cacao
Filled with hazelnut praline; topped with toasted hazelnuts.

Dark Chocolate | 91% Cacao
Filled with extra dark chocolate ganache; topped with gold flecks.

new!
Wegmans Chocolate Truffles

Our truffles with creamy chocolate centers are an incredibly rich chocolate experience.

Milk Chocolate | 38% Cacao

Dark Chocolate | 61% Cacao

Chocolate Barks

Milk and dark chocolate barks are handmade, studded with crunchy nuts, cacao nibs or fruits.

Dark Chocolate Cherry Almond | 61% Cacao

Dark Chocolate Mixed Nut | 61% Cacao

Dark Chocolate with Cacao Nibs | 72% Cacao

Milk Chocolate Mixed Nut | 38% Cacao

White Chocolate Cranberry Pistachio

new!
Chocolate Snacks

There are delicious fruit and nut surprises beneath the rich chocolate in these sophisticated snacks.

Dark Chocolate Orange Peel | 61% Cacao

Milk Chocolate Turtles | 36% Cacao

Almond Toffee with Dark Chocolate | 61% Cacao

TAKE THE TIME.

one of a kind blend

51% CANADIAN RYE | 49% AMERICAN CORN

CREW RYDE

FIND THE RECIPE ON CASKANDCREW.COM

WALNUT TOFFEE | GINGER SPICED | RYE

Available at these stores— NY: Century Liquor & Wines, Liquor City, Johnson City Liquor & Wine. MD: Hunt Valley Wine Liquor & Beer. MA: Wegmans Northborough, Wegmans Burlington, Wegmans Chestnut Hill, Wegmans Medford. NJ: Wegmans Bridgewater, Wegmans Cherry Hill, Wegmans Manalapan, Wegmans Mt. Laurel, Wegmans Ocean, Wegmans Princeton, Wegmans Woodbridge, Wegmans Hanover, Wegmans Montvale. Some stores are individually owned and operated, and are not part of a chain or cooperative buying group. Prices and product availability may vary among stores.

CASKANDCREW.COM

LiDestri Spirits, Rochester, NY

Text Alerts

To get this ***FREE service*** started, stop by your Wegmans Pharmacy—our friendly, helpful team will set you up.

It's time to **Refill**

Your **Prescription** is Ready!

- **Ready Text** — We'll let you know your prescription is ready for pickup and how much it costs.
- **Pick Up Reminder** — can't get in to pick it up right away? We'll send two reminders so you don't forget.
- **Refill Reminder** — we can help you to remember to refill on time with a reminder.
- **Add our short code** 67056 to your phone's contacts!

It's time for **Pickup**

Wegmans pharmacy

Helping you live a healthier, better life

INTRODUCING

McCormick® Good Morning™

Give your breakfast the flavor it deserves.

©2017 McCormick & Co., Inc.

FIND US IN THE RECIPE MIX/GRAVY AISLE
FOR RECIPES AND TO LEARN MORE, VISIT
MCCORMICK.COM/GOOD-MORNING

Here's a listing of the nutrition information for each recipe found in this issue.

RECIPE NUTRITION

	wellness keys℠	page	serving size	cal	g carb	g fiber	g protein	g fat	g sat fat	mg sodium	g est. added sugar
Beef Tacos		18	2 tacos; about 5 oz	300	30	2	25	6	1	430	0
Black Garlic Chicken	LC L	41	4½ oz chicken, 11 oz (about 1 cup) veggies & sauce	360	17	2	39	14	3	1290	2
Butternut Squash "Rice" with Sage Brown Butter	LS LF	70	4 oz; about ½ cup	110	21	2	1	3	2	30	7
Butternut Squash Sticks with Sage Brown Butter	LS LF	67	4 oz; about ¾ cup	80	13	2	1	3	2	25	0
Carrot Farro	LF	65	4 oz; about ½ cup	130	23	3	4	2	1	380	0
Carrot Ginger Soup		63	1 cup	110	9	2	2	7	2	450	1
Carrot Sticks Kimchi-Style	FF	69	4 oz; about 1 cup	70	14	2	2	0	0	600	6
Cauliflower Farro	L V LF	65	4 oz; about ½ cup	110	21	2	4	2	0	350	0
Cauliflower Happy "Rice"		71	4 oz; about ¾ cup	100	8	3	4	7	1	380	0
Chicken Enchiladas	L	20	2 enchiladas; about 8 oz	470	37	5	26	24	7	790	0
Chicken Tacos		18	2 tacos; about 5 oz	330	29	2	18	15	3	370	0
Fried Cauliflower "Rice"		71	4 oz; about ½ cup	80	9	2	3	4	1	210	2
Hu Tieu Kho (Dry Noodles)		77	8 oz; about 2 cups	380	25	2	31	17	5	1260	2
Jicama Sticks	HF LF	68	4 oz; about 1 cup jicama, about 2 Tbsp dip	80	13	6	1	2	1	450	0
Mac & Cheese with Cauliflower Purée		61	7 oz; about 1 cup	300	43	2	10	10	4	330	0
Mediterranean Cod	HF LC LF L	50	5 oz cod, 6¾ oz (about 1 cup) veggies & sauce	330	14	7	32	14	5	1030	0
Pork Fajitas	L	17	2 fajitas; about 8 oz	470	59	2	18	18	2	950	0
Pork Pozole	LC LF L	25	1 cup	250	16	3	19	12	4	790	0
Pork Tacos	L	18	2 tacos; about 5 oz	310	30	3	19	11	3	570	0
Portabella Mushroom Cutlets with Mediterranean Veggies	HF LC	55	1 cutlet, 11 oz (about 1 cup) veggies & broth	270	27	7	7	14	3	1440	1
Portabella Mushroom Parmesan with Zucchini Noodles	HC LC	56	1 cutlet, 13 oz (about 1 cup) noodles & sauce	300	32	4	12	15	4	1330	0
Portabella Mushroom Pizza	G HC LC	54	2 pizzas; about 16 oz	260	12	3	26	17	9	470	0
Pulled Portabella Open-Faced Sandwich	HF	54	1 sandwich	300	32	6	8	18	3	470	8
Roasted Turkey Breast with Gravy	LS L	41	about 5 oz turkey with 2 Tbsp gravy	290	2	0	41	14	4	230	0
Salmon Teriyaki with Mushrooms	L G	51	about 5 oz salmon, 7 oz (about ¾ cup) veggies & sauce	550	21	2	42	30	5	850	11
Salt & Pepper Chicken Thighs	L G	41	about 5 oz chicken	320	0	0	40	17	5	1220	0

Here's a listing of the nutrition information for each recipe found in this issue.

	wellness keys℠	page	serving size	cal	g carb	g fiber	g protein	g fat	g sat fat	mg sodium	g est. added sugar
Scallops with Carrot Purée	LC L	51	9 oz; about 1 cup	230	14	4	19	9	3	660	0
Slow-Cooked Asian BBQ Beef Short Ribs		43	5 oz rib meat, 2 Tbsp sauce	420	13	0	45	29	11	580	7
Slow-Cooked Beef Minestrone	LS LC L	40	13 oz; about 1½ cups	300	24	5	19	14	6	430	0
Slow-Cooked Chicken Cacciatore	LC L	42	about 5 oz chicken, 9 oz (about 1 cup) veggies & sauce	370	14	3	37	19	5	1350	0
Slow-Cooked Irish Oats	LS	95	6 oz; about ½ cup oats with toppings	270	53	4	4	6	1	25	5
Slow-Cooked Sunday Sauce		43	9 oz; about 1 cup sauce & meat, ½ meatball	430	17	3	28	27	9	1000	0
Slow-Cooked Turkey & Bean Chili	HF LC LF L	42	13 oz; about 1½ cups	250	26	8	20	7	1	610	1
Zucchini Basil Bruschetta Pizza	HC	60	½ pizza; about 5 oz	340	39	1	10	16	5	980	3
Zucchini Basil Farro	L V LF	65	4 oz; about ½ cup	110	21	2	5	1	0	360	0
Zucchini Basil Jalapeño Soup	G	62	1 cup	110	10	1	2	7	0	370	1
TOTAL MEAL NUTRITION											
Salt & Pepper Chicken Thighs with Seasoned Green Beans and Light Caesar Salad		30		390	17	4	32	24	6	1330	0
Chicken Cutlet with Zucchini Basil Purée and Roasted Eggplant with Pesto		31		350	10	4	50	13	1	610	0
Black Garlic Chicken with Cauliflower Purée and Roasted Brussels Sprouts		32		470	22	8	34	30	6	945	0
Roasted Turkey Breast with Gravy with Carrot Purée and Sautéed Mushroom Blend		32		470	21	5	30	29	8	780	1
Chicken Cacciatore with Cauliflower Rice		33		290	11	5	25	17	4	725	0
Turkey & Bean Chili with Sprouted Grain Roll		34		440	62	6	26	11	2	1270	3
Beef Tenderloin with Cauliflower Purée and Oven Roasted Mushrooms with Black Truffle Oil		35		460	11	3	45	29	5	755	0
Asian BBQ Beef Short Ribs with Cauliflower Purée and Asian Chopped Salad		36		550	28	6	35	35	10	1150	7
Brown Sugar BBQ Pork with Carrot Purée and Seasoned Green Beans		36		560	60	6	36	39	12	1060	1
Sunday Sauce over Paccheri Rigati with Light Caesar Salad		37		480	56	5	23	19	6	845	0
Memphis BBQ Pork Ribs with Roasted Vegetables and Butternut Squash Noodles		38		450	25	5	29	28	8	1100	4
Memphis Split Chicken with Garlicky Greens and Sweet Potato Sticks		38		560	60	11	7	33	8	1260	4
Rosemary Lemon Chicken with Roasted Brussels Sprouts and Beet Noodles		38		510	20	7	32	34	9	685	0
Mediterranean Cod with Zucchini Noodles		45		400	16	5	30	25	2	2085	0
Scallops with Carrot Purée with Roasted Asparagus		46		490	20	7	32	30	7	790	0
Salmon Teriyaki with Mushrooms		47		490	11	1	41	29	5	1110	0
Farm-Raised Salmon with Carrot Purée and Roasted Peewee Potatoes with Peppers		48		550	30	5	40	28	7	980	0
Portabella Mushroom Pizza with Rosemary Olive Oil Sourdough Roll		53		460	60	6	27	13	7	730	0

L'ORÉAL®
PARIS

NEW
VOLUMINOUS
LASH PARADISE™

TAKE YOUR LASHES TO PARADISE

VOLUPTUOUS VOLUME. INTENSE LENGTH.

SOFT WAVY BRISTLE BRUSH
200+ BRISTLES CATCH EVERY LASH

WOMEN AGREED:

- 91%* SAW INTENSE & VOLUMINIZED LASHES
- +98% LENGTHENING EFFECT
- 87%* SAW MORE BEAUTIFUL LASHES

*Simulation of product results on lashes enhanced with lash inserts

*IN A CONSUMER TEST FOR LASH PARADISE WASHABLE MASCARA

Zucchini Basil Bruschetta Pizza

more delicious ways to love purée

Wegmans EZ meals

Food You Feel Good About Veggie Purées

See more at **wegmans.com/loveyourveggies**